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**Tuesday**



Dennis Hastert denounces Foley's messages.

**Foley Fallout:** GOP wary of scandal's impact on elections | **3**

**Peace Plan:** Iraq PM tries to unite sects to stop violence | **7**



**Silent Santana:** Moss lets his play do the talking for the Redskins | **17**

## ENTERTAINMENT

**Power Play:** Forest Whitaker brings humanity to the role of a tyrant in 'Last King of Scotland.' Also, the Hold Steady.

>> **12-16**



**Weather** >> Partly Sunny



**84 | 58**

FULL FORECAST ON PAGE 34

## Rice: No Memory of Warning

Woodward book says CIA issued alert of attack before 9/11

SHANNON, IRELAND | Secretary of State Condoleezza Rice said she cannot recall then-CIA chief George Tenet warning her of an impending al-Qaeda attack in the United States, as a new book claims he did two months before the attacks on Sept. 11, 2001.

"What I am quite certain of is that I would remember if I was told, as this account apparently says, that there was about to be an attack in the United States, and the idea that I would somehow have ignored that I

find incomprehensible," Rice said.

Bob Woodward's book "State of Denial" outlines the July 10 meeting in which Tenet said he warned Rice, who was President Bush's national security adviser at the time. Cofer Black, the CIA's top counterterrorism officer, was also present.

"I don't know that this meeting took place, but what I really don't know, what I'm quite certain of, is that it was not a meeting in which I was told there was an impending attack and



Rice

I refused to respond," Rice said, speaking en route to Saudi Arabi.

Meanwhile, former Attorney General John Ashcroft said that he should have been notified of any such report dealing with a pending attack on

the U.S. "It just occurred to me how disappointing it was that they didn't come to me with this type of information," he told the Associated Press. ANNE GEARAN (AP)

## Gunman Kills 3 Students at Amish School



**SHOCKED:** A group of Amish men wait near a one-room schoolhouse Monday in Nickel Mines, Pa. A 31-year-old gunman stormed the school, sent the boys and adults home, then killed three girls and himself. Several others were wounded. ♦ **Grudge:** Police say man acted out on childhood event | **Page 5**

**FASHION | Label the Issue** A Nashville bar has a dress code that bans brands of clothing rather than styles, WSMV-TV reported. On the Rocks bar and restaurant has a new dress policy that bans Sean Jean, Phat Farm, FUBU, Southpole,



Ecko and Enyce clothes. Some are calling the ban discriminatory and racist. "You see black people wearing more of these type of clothes," a customer said. Managers say they just want to keep gang members out. (EXPRESS) **EyeOpeners** | **Page 2**

# eyeOpeners

## THIEVES

### That's the Most Annoying Ring Ever

A new cell phone security device emits a high-pitched screech if the phone is stolen, the BBC reported. Remote XT sends a signal to the phone if it is reported stolen, causing it to sound

a loud alarm; the screen also reads "This phone is stolen." The phone is then disabled, with phone numbers, text messages, images and e-mails removed. "By making mobiles unusable to anyone but the rightful owner, the phones become worthless," said Mark Whiteman, managing director of Remote XT. (EXPRESS)



## POLICE ORDERS

### Perhaps the Disabled License Plate Would Have Been a Clue-In

Murfreesboro, Tenn., police are investigating some of their officers after they roughed up a paraplegic Thursday because they believed he was resisting arrest, The Tennessean reported. Henry Watson, a paraplegic and diabetic, was allegedly driving erratically when officers tried to stop the vehicle. Watson was suffering a medical problem and was disoriented. "When they told me to exit the vehicle, I ... told them, 'I cannot exit,'" Watson said. (EXPRESS)



YOSHIKAZU TSUNO/AFP

## FOR SALE

### Prop Shop

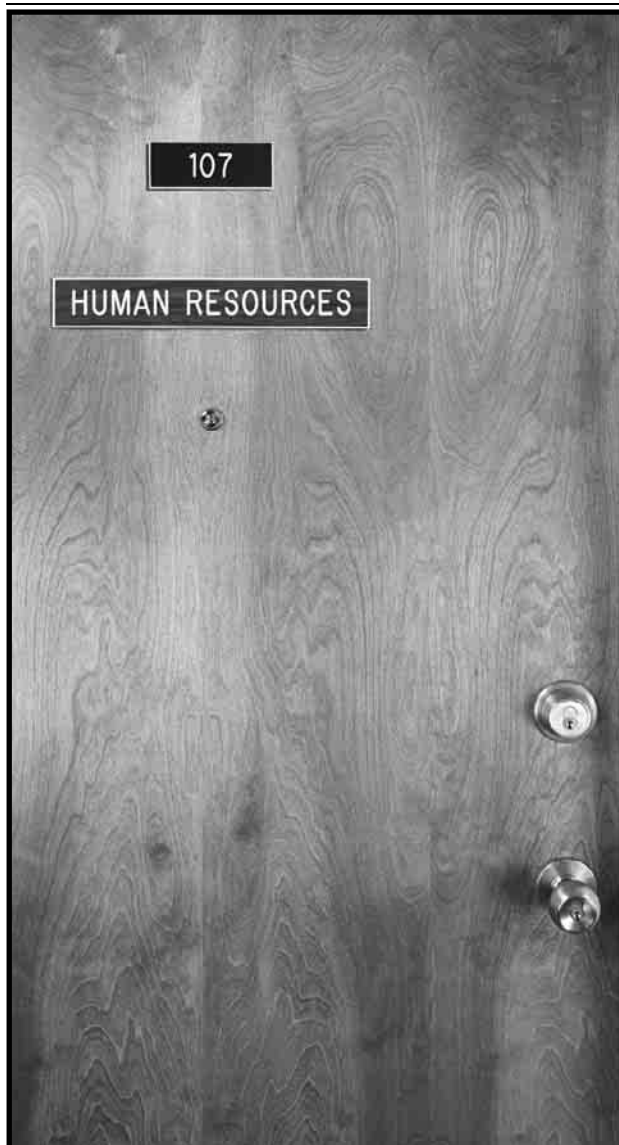
Wouldn't that just look lovely as a garden centerpiece? If you think so, that and other figures that were used in Hollywood movies are for sale at Tomenosuke-shoten, a newly opened toy and figure shop in Takayama, Japan. Owner Shinji Nakako, a former movie journalist who owns many movie-related toys and film properties — mainly from films known for their special effects — opened the shop in his hometown to sell his huge collection, with items priced from \$3 to \$430,000. (EXPRESS)



## MISUNDERSTANDING

### We Never Did Get the U.S. War on Terriers

Describing puppies as "terrorists" in a classified ad doesn't seem like a good way to get them adopted. Unless you're Paula Young of Cordtland, N.Y. Young, director of Mount Vernon's animal shelter, learned last month that four rat terrier pups were about to be euthanized. So she picked them up and brought them to her five-acre spread, then called a newspaper and ordered a two-week, three-line ad that says, "Twin Rat Terrorists; 11 months, adorable, full of fun." (AP)



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"The United Nations can play an important role in helping us achieve our objective, which is to end human suffering and deprivation."

— President Bush, who said the U.N. should send peacekeepers to Sudan's Darfur region.



# Nation

## In Brief

ORLANDO, FLA.

### State GOP Makes Pick to Replace Foley in House Race

State Republicans on Monday picked a new candidate to salvage the seat that disgraced former Rep. Tom



Negron

Foley abandoned after exchanging lurid online messages with teenage boys. State party leaders chose state Rep. Joe Negron to replace Foley in next month's election. Negron will receive votes cast for Foley, although Foley's name will remain on the ballot in the West Palm Beach district, which is largely Republican. (AP)

PHILADELPHIA

### Study Links Bad Diagnoses With Physician Errors

Basic errors made by doctors, including tests ordered too late or not at all and failure to create follow-up plans, played a role in nearly 60 percent of cases in which patients were allegedly hurt by missed or delayed diagnoses, a study found. Researchers in the study, published in the *Annals of Internal Medicine* on Monday, reviewed 307 closed medical malpractice claims, 181 of which allegedly involved diagnostic errors that ended up harming patients. A large majority of those cases involved types of cancer. Most errors occurred in doctor's offices and primary care physicians were those most frequently involved. (AP)

# Foley Scandal Shadows GOP Hopes

Disgraced former rep. checks himself into an alcohol treatment clinic

WASHINGTON | In a twist on the old Watergate question, the Republican Party is struggling to answer: What did GOP leaders know of a congressman's salacious exchanges with underage male pages and when did they know it?

The truth could determine not only their own political futures but also whether the party can recover from the scandal surrounding former Republican Rep. Mark Foley — and manage to remain in power on Nov. 7.

The six-term Florida congressman resigned abruptly on Friday after the disclosure that he sent suggestive electronic messages to teenage boys working as House pages. The tawdry turn of events set off finger-pointing among House Republicans.



House Speaker Dennis Hastert, standing with Rep. John Shimkus, described messages former Rep. Mark Foley sent to pages in 2003 as "vile and repulsive."

On Capitol Hill, House Speaker Dennis Hastert, R-Ill., denounced sexually explicit instant messages Foley sent in 2003 to pages as "vile and repulsive" and denied that

House leaders had access to them. However, Hastert and others, including Majority Leader John Boehner, R-Ohio, and Rep. Tom Reynolds, R-N.Y., the chairman of the House cam-

## GOP Losing Momentum

→ GOP strategists say the Foley scandal, Woodward's book and last week's NIE report have reversed what some Republicans had seen as a slight September rebound. | **AI**

**IN** The Washington Post

paign effort, for months had been aware of a questionable 2005 e-mail exchange between Foley and a Louisiana teen. GOP leaders are facing questions of a cover-up.

Foley, under FBI investigation for the salacious exchanges, has checked himself into rehabilitation facility for alcoholism treatment and accepts responsibility for his actions, his attorney said Monday. The attorney, David Roth, said Foley had checked in over the weekend.

"I strongly believe that I am an alcoholic and have accepted the need for immediate treatment for alcoholism and other behavioral problems," Foley said in a statement. (AP)

## Cool Weather Helps Calif. Firefighters

OJAI, CALIF. | Cooler temperatures and higher humidity helped firefighters Monday as they got closer to fully containing one of the largest wildfires in California history.

The nearly month-old blaze, which at one point threatened the Ventura County communities of Ojai, Santa Paula and Fillmore, was 95 percent contained, and firefighters said they were confident they

would have it fully contained and could keep all embers under control by Monday evening.

The blaze started from a trash fire on Labor Day and spread across 254 square miles of brush and timber, mainly in the Los Padres and Angeles national forests. It destroyed one rural home and damaged another, and burned several barns and sheds. (AP)

## CDC: Black Lung Cases Rise in Va.

ROANOKE, VA. | Black lung disease is posing a greater threat to coal miners in far southwest Virginia, and scientists aren't sure why.

A report released by the U.S. Centers for Disease Control and Prevention shows that the number of cases of black lung disease is rising in Lee and Wise counties

and that the cases are more severe. Scientists are still analyzing data from Dickenson, Russell, Tazewell and Buchanan counties.

Black lung disease — known medically as coal workers' pneumoconiosis — is caused by inhalation of coal dust. After a federal law was passed in 1969 setting dust limits to protect miners' health, the number of miners who developed the disease decreased, according to the study. (AP)

# Allergies?

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The number, in thousands, of printings in circulation of Bob Woodward's latest book, 'State of Denial.' The book has had three reprintings despite being out for four days.

## Nation

# Amish School Attack Kills 3

Gunman commits suicide after shooting at 12 girls in rural Pa.

NICKEL MINES, PA. | A milk-truck driver carrying three guns and a grudge stormed a one-room Amish schoolhouse Monday, sent the boys and adults outside, barricaded the doors with two-by-fours, and then opened fire on a dozen girls, killing three of them before committing suicide.

Eight other victims were critically wounded, state police said.

It was the nation's third deadly school shooting in less than a week, and it sent shock waves through Lancaster County's bucolic Amish country, a picturesque landscape of horse-drawn buggies, green pastures and neat-as-a-pin farms, where violent crime is virtually nonexistent.

Most of the victims had been shot, execution-style, at point-blank range, after being lined up along the chalkboard, their feet bound with wire and plastic ties,



**CRIME SCENE:** Investigators scour the location of the one-room Amish school where a gunman shot and killed students and himself in Nickel Mines, Pa., on Monday.

authorities said.

The attack bore similarities to a deadly school shooting last week in Bailey, Colo., and police there raised the possibility that the Pennsylvania attack was a copycat crime.

The gunman, Charles Carl Roberts IV, a 31-year-old truck driv-

er from the nearby town of Bart, was bent on killing young girls as a way of "acting out in revenge for something that happened 20 years ago" when he was a boy, said State Police Commissioner Jeffrey B. Miller. Miller refused to say what that grudge was. MARC SCOLFORD (AP)

## Scientists Test Drugs To Fight NeuroAIDS

HIV therapy to battle form of dementia may protect brain abilities

WASHINGTON | It's an Achilles' heel of HIV therapy: The AIDS virus can sneak into the brain to cause dementia, despite today's best medicines.

Now scientists are beginning to test drugs that may protect against the memory loss and other symptoms of so-called neuroAIDS, which afflicts at least one in five people with HIV and is becoming more common as patients live longer.

While today's most powerful anti-HIV drugs do help by suppressing levels of the virus in blood — so that there's less to continually bathe the brain — they can't cure neuroAIDS. Why? HIV seeps into the brain very soon after some-

one is infected, and few anti-HIV drugs can penetrate the brain to chase it down.

What's now called neuroAIDS is much different from the AIDS dementia of the epidemic's early years, when patients often had horrific brain symptoms similar to end-stage Alzheimer's. Today, anti-HIV medication has resulted in a more subtle dementia that strikes four years or more before death: At first, patients forget phone numbers and their movements slow. They become less able to juggle multiple tasks.

Some worsen until they can't hold a job or perform other activities, but not everyone worsens — and doctors can't predict who will. In a vicious cycle, the memory loss makes many forget their anti-HIV pills, so the virus rebounds.

LAURAN NEERGAARD (AP)

## U.S. Says Iranian Woman in Shelter Was Terror Chief

NEW YORK | An Iranian widow who became a naturalized U.S. citizen 10 years ago was a top official for a heavily armed, Iraq-based terrorist organization dedicated to the violent overthrow of Iran's government, the U.S. government alleges in court documents.

The documents, obtained from court files on Monday, say two confidential informants in Iraq identified Zeinab Taleb-Jedi, 51, as a leader of the Mujahedeen Khalq. One of the informants told the FBI that Taleb-Jedi was on a council "responsible for ... approving specific acts of terrorism" against Iran, the papers said.

Taleb-Jedi was arrested in March after flying from Jordan to John F. Kennedy International Airport. A judge agreed to release her on \$500,000 bond. The court papers said she has been living at a women's shelter in Manhattan. (AP)

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## Nation

# Court Won't Hear Ex-Nazi's Appeal

**Justices refuse to mull  
concentration camp  
guard's revoked status**

WASHINGTON | A former Nazi concentration camp guard lost a Supreme Court appeal on Monday over the government's decision to revoke his U.S. citizenship.

Justices declined to review the case of John Hansl, a member of the SS Death's Head battalion that guarded concentration camps at Sachsenhausen near Berlin in 1943 and Natzweiler in France in 1944.

Hansl, who lives in Des Moines, Iowa, sought to distinguish his case from other former Nazi camp guards by arguing he did not hide his war-time past when he asked for a visa to enter the United States in the mid-1950s or personally assist in persecution.

An appeals court, however, agreed with a lower court ruling that Hansl's work as an armed guard with orders to shoot escaping prisoners was sufficient evidence that he "personally assisted in persecution."

In one instance, Hansl helped

search for an escaped prisoner who was later shot to death, although Hansl did not pull the trigger, court records show.

The Justice Department has said that more than 70 people who assisted in Nazi persecution have been stripped of U.S. citizenship since the Office of Special Investigations began operations in 1979. The office pursues war criminals.

The Supreme Court's action means the government could begin proceedings to have Hansl deported. He was born in Croatia to parents of German descent and conscripted into the SS after Germany invaded Yugoslavia in 1941.

The justices also refused to consider a lawsuit by parents objecting to a three-week class for seventh-graders on Islam, and a case brought by privacy advocates who say the Bush administration's rules for disclosing medical records are too lax.

The Supreme Court sided Monday with Detroit newspaper unions and some employees who were fired for their actions during an 18-month strike in the mid-1990s. (AP)

## NEW YORK | ROCKEFELLER'S MIRROR TO THE SKY



**REFLECTIONS:** Rockefeller Center is reflected in the three-story polished steel sculpture "Sky Mirror," by Anish Kapoor, which was unveiled on Monday in New York City. The sculpture is 33 feet in diameter and weighs 23 tons.





"I plan to develop forward-looking relations with ... China and South Korea, by building mutual understanding through dialogue."

— Japanese PM Shinzo Abe, on his aims to improve Japan's ties with its key regional neighbors

## World

### In Brief



Supporters of a Zambian opposition candidate clash with police on Monday.

LUSAKA, ZAMBIA

#### President Wins Re-Election Bid Amid Fraud Allegations

The Zambian president's re-election bid was declared successful Monday after a bitter campaign and violent reaction to earlier indications he was winning. A main challenger cried fraud and said he would contest the results. The Electoral Commission, in its final total from Zambia's 150 districts, announced Monday that President Levy Mwanawasa won 43 percent of the votes cast in Thursday's election. Mwanawasa's chief rival, populist Michael Sata, won 30 percent of the vote. (AP)

TBILISI, GEORGIA

#### Russian Officers Arrested On Spying Claims Released

Georgia released four Russian officers whose arrest on spying charges has angered its giant northern neighbor, but a vengeful Russia pushed ahead Monday with punitive sanctions aimed at dealing a painful blow to the economically struggling Caucasus nation. The tension reflected Moscow's difficult relations with Georgia, which has defied President Vladimir Putin with a pro-Western stance. (AP)

BUDAPEST, HUNGARY

#### Embattled PM Seeks Vote Of Confidence in Parliament

Hungary's prime minister asked parliament on Monday to hold a vote of confidence in his government, which suffered major losses in municipal elections after weeks of protests demanding that he resign for lying about the economy. Ferenc Gyurcsany, asking that the vote be held Friday, said he recognized that it would be about him as well as his government's policies. (AP)

# Iraqi PM Designs New Peace Plan

## Local committees to be formed in Baghdad to consult on security

BAGHDAD, IRAQ | Iraq's prime minister announced a new plan Monday aimed at ending the deepening crisis between Shiite and Sunni parties in his government and uniting them behind the drive to stop sectarian killings that have bloodied the country for months.

The four-point plan, which emerged after talks between both sides, aims to resolve disputes by giving every party a voice in how security forces operate against violence on a neighborhood by neighborhood level.

Local committees will be formed in each Baghdad district — made up of representatives of every party, religious and tribal leaders and security officials — to consult on security efforts. In a possible boost to the effort to rein in the violence,



**UNDER FIRE:** An Iraqi police officer stands guard after a roadside bomb ripped through an apartment building, killing at least four people, in Baghdad on Monday.

a radical cleric who heads one of the most powerful Shiite militias, Muqtada al-Sadr, has ordered his followers to put aside their weapons temporarily, a Sadr spokesman

told the Associated Press.

Al-Maliki announced his plan hours after gunmen abducted 14 computer shop employees in a bold, midday attack in downtown

## A Life in the Shadows

→ While Iraqi violence has mainly claimed lives of Sunni Arabs and Shiite Muslims, no group is more petrified — or a more vulnerable target — than Iraq's tiny Jewish community. | Today, A Section

**IN** The Washington Post

Baghdad, the second mass kidnapping in as many days.

The bodies of seven of the 24 captives seized Sunday were found dumped in southern Baghdad. Sunni politicians blamed Shiite militias for both mass kidnappings and demanded the government take action.

Al-Maliki is under increasing pressure to stop the violence, which has killed thousands since February. U.S. Ambassador Zalmay Khalilzad warned this week that al-Maliki must make progress within the next two months to avert a crisis. LEE KEATH (AP)

## Americans Win Nobel Prize for Gene Discovery

NEW YORK | Two Americans won the Nobel Prize in medicine Monday for discovering a way to silence specific genes, a revolutionary finding that scientists are scrambling to harness for fighting illnesses as diverse as cancer, heart disease and AIDS.

Andrew Z. Fire, 47, of Stanford University, and Craig C. Mello, 45, of the University of Massachusetts Medical School in Worcester, will

share the \$1.4 million prize.

They were honored remarkably swiftly for work they published together just eight years ago. It revealed a process called RNA interference, which occurs in plants, animals and humans. It is important for regulating gene activity and helping defend against viruses.

Since the discovery, scientists have already made RNA interference a standard lab tool for studying what genes do. And they are working to use it to develop treatments against many illnesses, including asthma and diabetes. (AP)

## New Clashes Erupt in Gaza, Killing 2

GAZA CITY, GAZA STRIP | Gunbattles erupted Monday night between Fatah gunmen and Hamas militiamen in the southern Gaza town of Rafah, killing two people and wounding 14 others a day after a deadly explosion of internal violence paralyzed the Gaza Strip.

The fighting was the latest in a series of sporadic battles throughout the day as tensions remained high

between the two groups. Fatah militants enforced a general strike in many West Bank towns in a show of strength against Hamas, while the Hamas-led government ordered all ministries closed to protest Fatah attacks on government buildings.

But the level of violence remained below the battles that killed eight people and wounded 100 others across Gaza on Sunday. (AP)

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I've shown tens of thousands that just about anyone can make a fortune in real estate. But I have to tell you, in all my years of showing people how to create wealth through real estate, I believe it's never been

as easy as it is today. Plus, I believe you can make more money now in real estate than ever before. And you can do it quicker.

With low interest rates and soaring appreciation, now is the time that you could become my next real estate millionaire — perhaps even a multimillionaire. Even if you're stone-cold broke right now, you can still become richer than most Americans will ever be. The profit floodgates have truly opened for so many of my students. I believe you too can take advantage of all the lasting wealth that real estate can provide. And I'd like to tell you how in my updated workshop, *Creating Wealth with Real Estate*®.

## SAN FRANCISCO

### Challenge #1: Find fast wealth in any city, town, or neighborhood

When I first developed my revolutionary system for buying real estate, I very publicly challenged the media to... "Send me to any city in America. Take away my wallet. Give me \$100 for living expenses. In 72 hours, I'll buy an excellent piece of property, using none of my own money." Keep in mind, I would have no cash to invest. No connections. No firsthand knowledge of the real estate market where I was going. But I would have my new system for buying real estate. And that meant none of the above mattered.

I didn't buy just one property. I bought four!

The *Los Angeles Times* took me up on my gutsy challenge. In just 57 hours, I had taken title to not one, but to four properties — adding \$722,000 in assets to my real estate portfolio. That's the equivalent of more than \$10,000 an hour.

**DONE**

## ST. LOUIS

### Challenge #2: Take someone from unemployed to over \$100,000 in equity

No better example of "ANYBODY CAN DO THIS" exists than when I made another major public challenge. As you might be able to guess, I'm not shy about telling others how my system works. So I declared... "Send me to any unemployment line in America. Let me select someone that is broke, out of work, and discouraged. In two days' time, I'll teach my strategies for *Creating Wealth*. In 90 days, that person will be back on his/her feet with \$5,000 in the bank."

It was in St. Louis, Missouri, where I pulled a couple out of the unemployment line and placed them on the path to wealth. Within 90 days, these first-timers earned more than \$5,000 in cash. But that was just the beginning... Within the next 12 months, they garnered more than \$100,000. It changed their lives forever. Think of how an extra \$100,000 or more could change your life and improve your family's future. What dreams have you put aside that \$100,000 could reawaken?

**DONE**

## NEW YORK

### Challenge #3: Prove anyone can do it

I've become famous as America's leading expert on purchasing real estate with no money down. I've been interviewed in newspaper, and on radio and TV. In fact, Regis Philbin challenged me on the spot to prove my system worked for anyone. I selected a young woman right out of Regis' studio audience and guided this first-timer to earning more than \$20,000 in 90 days. And now, I'd like to pull you out of your chair and invite you to discover why my powerful and internationally acclaimed *Creating Wealth with Real Estate* program has been so hugely rewarding for people across the country — and why it can also be your path to substantial wealth.

Your turn to succeed

Can you become a millionaire? Dozens of my students have. At the FREE preview of my workshop, you'll see real-life examples of how my powerful wealth-creation strategies have helped people jump into making money right away.

**DONE**

## Challenge #4: Make you my next millionaire! STARTS NOW!

I've proved time and again that my system can work just about anywhere, anytime, and for just about anyone — even people who are flat broke. Now, I'd like to prove it can work for you.

In fact, my big mouth could make you a millionaire. That's because I've challenged myself to create millionaires all across America. Yup, I went right for the "M" word: millionaire. Raised a few eyebrows with that one. But remember, you don't need money in the bank to buy real estate. You don't even need good credit. All you need is my *Creating Wealth with Real Estate*® system and the personal gumption to go out and apply it.

### Now it's your turn to take a step toward real wealth

The wealth is out there. I will show you how it's possible to find it and grab it. Take a life-changing step toward financial independence for yourself and your family today. The road (it's more of a superhighway actually) to millionaire status begins right here. Right now, my goal is to create millionaires all across the country. And I'd like to count you among them. There's no telling when my FREE workshop will be back in your area, because it's simply impossible for me to bring my famous workshop to every city. Grab this unique opportunity to discover hidden wealth opportunities in real estate.

### Bring someone you care about

If you have a friend or family member who wants to increase their wealth, bring them to this FREE empowering event. I believe there's never been a better time to invest in real estate. Forecasts call for soaring demand for homes and rising prices. At this free event, you'll see how it's possible to ride this historic trend to personal riches.

### True Stories. True Success.

"Right now, I have a positive cash flow of \$2,800 on one property."  
— Richard Douglas, New Jersey

"We didn't take anything out of our pocket, and we bought a \$250,000 property that gives us a \$900 monthly cash flow."  
— Guy Burns, Nevada

"I bought two pieces of property and made \$25,000 in 90 days. It's so easy to do this stuff, it's amazing."  
— Gary Harris, Missouri

"These are proven methods — they work. You can make \$25,000 to \$35,000 in a matter of 60 days or less."  
— Preston Fleming, Illinois

"I just sold my first project; my net profit after all costs was \$65,000. I received the check on my 40th birthday."  
— Henning Van Deusen-Jensen, California

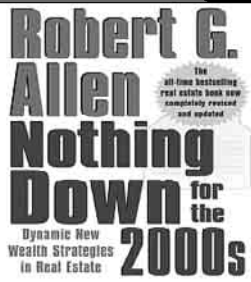
"Today has been the best day of our real estate careers. We sold our fourth house. This will put our net worth to around \$1 million."  
— John (Chuck) Neuschafer, Georgia

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### You will discover it's possible to:

- Buy prime real estate without a penny of your own money
- Turn your retirement account back into the comfy nest egg it's supposed to be
- Acquire properties at below market value and put the difference in your pocket
- Locate hugely lucrative properties nobody else knows about
- Profit in unexpected ways from some of the lowest mortgage rates in decades
- Find fantastic foreclosure properties before they ever hit the courthouse steps
- Generate immediate cash flow
- Build substantial monthly income

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Sunday, October 8, 2006	Monday, October 9, 2006	Tuesday, October 10, 2006	Wednesday, October 11, 2006
1:00 PM	1:00 PM or 7:00 PM	1:00 PM or 7:00 PM	9:00 AM or 1:00 PM
Hunt Valley Marriott	Tysons Corner Marriott	Greenbelt Hilton Garden Inn	Reston Sheraton
245 Shawan Road	8028 Leesburg Pike	7810 Walker Drive	11810 Sunrise Valley Drive
Hunt Valley, MD	Vienna, VA	Greenbelt, MD	Reston, VA





**FACE TIME:** Former Iranian President Mohammad Khatami will meet with Pope Benedict XVI and attend a forum on Islamic-Christian relations in Rome later this month, media reports say.

## World

# In Algeria, a Missing Truth

Fates of thousands who disappeared amid insurgency still unclear

ALGIERS, ALGERIA | Malika Bendjael wants her son back. Or justice. Or at least an explanation. Instead, the government is offering her money.

Her son Mourad was among the thousands of Algerians who "disappeared" during a brutal insurgency that peaked in the 1990s, allegedly abducted or killed by security services.

As Algeria's government began distributing compensation to some families of the missing last week, money offered under a national reconciliation plan, Employment and Solidarity Minister Djamel Ould Abbas said the problem of the disappeared "no longer exists."



A woman holds a photo of her missing son during a protest in Algiers, Algeria.

Many disagree. Groups representing relatives of those who disappeared say the state has tried to bribe families into giving up their cause. Compensation is dependent on a death certificate, which some are reluctant to obtain while the fate of their relatives remains unclear.

"Do you think that money can make us forget our loved ones?" asked Bendjael, sitting in her apart-

ment in Algiers. "Never."

Bendjael said her son was accused of involvement with the fundamentalist Islamic Salvation Front — known as the FIS after its French initials.

The FIS was outlawed in 1992, shortly after the army stepped in to prevent the party from winning Algeria's first multiparty elections. An estimated 150,000-200,000 people died in the decade-long struggle that followed.

Critics of the government plan acknowledge some families have accepted the compensation, but say they were often driven by poverty.

"Even those who have claimed or are going to claim this compensation will continue to seek the truth," said Lila Iril, whose brother was abducted in 1997 and who now heads the National Association of Families of the Disappeared. AIDAN LEWIS (AP)

## LONDON | BRITISH JUDGES READY TO RULE



**BACK IN SESSION:** Judges leave a service at Westminster Abbey and join a traditional procession to the Houses of Parliament in London on Monday in ceremonies held to mark the start of the first of the four terms of the British legal year.

## Bosnian Vote Results Reveal Divide

SARAJEVO, BOSNIA-HERZEGOVINA Preliminary election results announced Monday evening for Bosnia's three-member presidency showed that all three ethnic groups in Bosnia shifted away from their old nationalist parties that led them into the 1992-95 war and through

its aftermath.

However, they remained sharply split in elections on the country's future, with Muslim Bosniaks and Catholic Croats supporting politicians who want to unify the Balkan nation, while Serbs backed a candidate whose party advocates con-

tinued ethnic division.

Since the end of the war, important decisions have been made by an international administrator. But that office recently announced it will close up shop next year if newly elected leaders put in place reforms that will help bring the country closer to joining the European Union. (AP)

## RESEARCH ON BLADDER SYMPTOMS

**Do you have bothersome bladder symptoms, such as the following:**

- Urinating more frequently than you think you should
- Waking up during the night because you have to urinate
- Experiencing a sudden need, or urge, to urinate
- Having difficulty controlling your bladder
- Having a dribble at the end of your stream
- Having a delay before you can start to urinate
- Straining during urination
- Having a weak urinary stream
- Starting and stopping urination

If so, you may be eligible to participate in a focus group study about your bladder symptoms.

Participants will receive \$50 for their time.

**For more information about this study, please call 1-877-954-4252 and ask for Lindsey Murray**

*Are you considering graduate study in international affairs?*

## International Affairs Graduate School Fair

Sponsored by the Association of Professional Schools of International Affairs (APSIA)

**Tuesday, October 10, 2006**

**3:30–7:00 PM**

The George Washington University  
Marvin Center Grand Ballroom  
3rd Floor, 800 21st Street, NW  
Washington, DC 20052

Meet admissions officers from the schools of international affairs at these leading universities:

The American University	University of California, San Diego
Columbia University	University of Denver
Duke University	University of Maryland
The George Washington University	University of Michigan
Georgetown University	University of Minnesota
Harvard University	University of Pittsburgh
Johns Hopkins University	University of Southern California
Princeton University	University of Washington
Syracuse University	Yale University
Tufts University	

- No fee for admittance and no RSVP is required.
- Closest Metro station is Foggy Bottom on the Blue/Orange lines.
  - Parking available at 2211 H Street, NW.
  - For more information call 202.994.7050 or e-mail [esiagrad@gwu.edu](mailto:esiagrad@gwu.edu)



## Does Your Child Have Allergies?

Physicians at the National Institute of Allergy and Infectious Diseases are conducting a research study to learn more about allergies.

This study evaluates children with allergies, to gain information that may be useful in developing new treatments.

Standard care for allergic diseases will be provided at no cost to the patient.

### Who may participate:

- Children 6 months to 18 years of age.
- Children who have a diagnosis of asthma or allergies (rhinitis, food, drug, bee venom, hives, or atopic dermatitis).

### What is involved:

- Complete history and physical exam.
- Allergy skin testing and pulmonary lung function test.
- No experimental therapy will be provided.
- A physician referral is required.
- After the initial visit, follow up visits will range from every month to every 3 to 6 months.

**CALL 1-800-411-1222**  
(TTY: 1-866-411-1010)

<http://clinicaltrials.gov>  
**Se habla español**

Department of Health and Human Services  
National Institutes of Health  
NIH Clinical Center  
Bethesda, Maryland

# Are You Ready?



**ALEX OVECHKIN**  
NHL Rookie of the Year

**Caps Hockey**  
**See it. Feel it.**

**Opening Night**  
**Saturday, Oct. 7<sup>th</sup> – 7 p.m.**

### Upcoming Home Games

Saturday, Oct. 14 at 7 p.m. – Atlanta Thrashers  
Wednesday, Oct. 18 at 7 p.m. – Florida Panthers

**For tickets call 202-397-SEAT (7328)**  
**or visit WashingtonCaps.com**



# Money

## Hopes High for Gift Buying

### Retailers see signs that holiday shopping season will be robust

NEW YORK | A warning to procrastinators: Better shop early if you want the must-have holiday gifts.

Already, toy sellers such as Wal-Mart Stores Inc., Toys R Us Inc. and KB Toys Inc. are scrambling to get their hands on more hot toys, particularly T.M.X. Elmo from Mattel Inc.'s Fisher-Price, whose better-than-expected sales are making it increasingly likely to be the must-have toy for the season.

In yet another encouraging sign of consumers' willingness to spend, Scott McCall, chief toy officer at Wal-Mart, noted that high-priced toys like \$249 red Mustangs under Mattel's Powerwheels brand



MARK LERNER/AP

Stores are rushing to stock up on hot holiday toys like the new T.M.X. Elmo.

are selling fast early in the season, something that he hasn't seen in five years.

And Michael Gould, chairman and CEO of Federated Department Store Inc.'s Bloomingdale's, reported strong sales of fall merchandise in September, which could only bode well for holiday apparel.

Such encouraging signs are helping to lift the spirits of many retailers, who only this summer planned for modest gains in holiday inventory as they worried about how soaring gasoline prices and rising interest rates would curtail gift buying.

In recent weeks, falling gasoline prices, receding mortgage rates and a rebounding stock market have helped to perk up consumer demand and ease merchants' worries about the holiday season.

Stores are expected to report a strong same-store sales gain of about 4 percent for September on Thursday, according to Michael P. Niemira, chief economist at the International Council of Shopping Centers. That's higher than Niemira's original 3 percent forecast. ANNE D'INNOCENZIO (AP)

## Harrah's Receives \$15B Buyout Offer

LAS VEGAS | Harrah's Entertainment received a \$15.05 billion offer for the company from two private-equity firms in what would be the biggest deal ever for a casino operator and the fifth-largest leveraged buyout in history.

Harrah's said Monday that Apollo Management and Texas

Pacific Group are offering \$81 per share in cash, a 22 percent premium to Harrah's closing stock price Friday on the New York Stock Exchange.

Harrah's said it had not committed to the deal, but it established a special committee of independent directors to review the offer and

retained UBS Securities LLC as an adviser.

Harrah's operates about 40 casinos throughout the U.S., including Caesars Palace in Las Vegas, and other casinos under the names Ballys, Horseshoe and Showboat. The Las Vegas-based company beefed up its portfolio with last year's purchase of Caesars Entertainment Inc. (AP)

## Market Action

### New York Stock Exchange

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Amrep	56.19	+7.32	+15.0
HarrahE	75.68	+9.25	+13.9
KatyInd h	3.01	+.19	+6.7
Magnth	3.67	+.21	+6.1
BoydGm	40.55	+2.11	+5.5

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Keane	11.59	-2.82	-19.6
IntPoly	6.39	-1.31	-17.0
FstRepBk	38.61	-3.95	-9.3
WolvTub	2.77	-.26	-8.6
DynCorp n	11.55	-1.04	-8.3

### Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.3125	5.25
3-month disc	4.77	4.78
2-year	4.65	4.64
10-year	4.60	4.55
30-year	4.75	4.69

### NASDAQ Stock Market

#### Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Myogen	51.44	+16.36	+46.6
Medialk	4.25	+1.23	+40.7
SRISurg	5.49	+1.10	+25.1
ChelseaT n	4.75	+.75	+18.8
Iomai n	4.81	+.09	+1.9

#### Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
OptimalA g	8.81	-2.95	-25.1
LCA Vis	31.09	-10.22	-24.7
Cryptlgc	17.98	-4.06	-18.4
Alphatec n	4.75	-.97	-16.9
NyerMd	2.40	-.36	-13.0

### Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5301	.5345	.5671
Canadian Dollar	1.1152	1.1177	1.1615
European Euro	.7848	.7888	.8321
Japanese Yen	117.60	118.11	113.60
Mexican Peso	10.9780	10.9770	10.7700
Taiwanese Dollar	33.12	33.09	33.15

### DOW NASDAQ S&P 500

DOW	NASDAQ	S&P 500
-8.72	-20.83	-4.53
-0.07	-0.92	-0.34
11670.35	2237.60	1331.32

### Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	70.30	-1.23	-10.9
Amylin	42.52	-1.55	+6.5
BiogenIdc	44.24	-.44	-2.3
Celgene s	42.58	-.72	+31.4
ChRvLab	43.47	+.06	+2.6
GenProbe	45.80	-1.09	-6.1
Genentch	83.72	+1.02	-9.5
Genzyme	66.71	-.76	-5.8
GileadSci	64.28	-4.49	+22.3
Imclone	27.68	-.64	-19.2
Invitrogn	62.85	-.56	-5.7
MedImun	28.84	-.43	-17.6
MillPhar	9.84	-.10	+1.4
QIAGEN	15.71	-.13	+33.7
VertxPh	34.06	+.41	+23.1





**SPOT-ON:** Desperate to rescue his re-election campaign from a six-week tailspin, Va. Sen. George Allen aired a two-minute ad across the state Monday. The embattled Republican bought air time in every television market for the advertisement.

## Local

# Metro Praises Departing Manager

Board chair says that Tangherlini would've been an excellent chief

WASHINGTON | The chair of Metro's Board of Directors said the board is disappointed interim General Manager Dan Tangherlini plans to leave the transit agency for a top D.C. government post.

Board chair Gladys Mack said Tangherlini has done an excellent job and would have been a good choice to be Metro's permanent chief. But she congratulated Tangherlini on his decision to withdraw as a candidate for the job.

Democratic mayoral nominee Adrian Fenty said he wants



Dan Tangherlini, left, joined Adrian Fenty Monday at the Wilson Building as he announced Tangherlini was his choice to become Washington city administrator.

Tangherlini to become Washington city administrator. Though Fenty can't make a formal job offer until he becomes mayor, he gave Tangherlini a written promise of his intentions.

As city administrator, Tangherlini would oversee the city's daily operations, including more than 40 agencies. He has previously served as head of the D.C. Department of Transportation.

Fenty says Tangherlini stands out for his responsiveness and sound management, and for holding people accountable. (AP)

**Under review:** Tangherlini and Fenty are already going over city agency directors. **Today's Post, Metro.**

# New White House Elm Tree Put In

Previous one was on grounds for 140 years before falling in storm

WASHINGTON | President Bush and first lady Laura Bush helped plant a new tree Monday on the north grounds of the White House, replacing an elm that had stood for 140 years before falling during a storm in June.

Mrs. Bush said the new tree was a Jefferson elm, a variety resistant to Dutch Elm disease.

Both the president and Mrs. Bush shoveled dirt as part of the ceremony. Brandishing his shovel, Bush joked, "It's not exactly a chain saw."

They were joined by the new National Park director, Mary Bomar, and the outgoing director, Fran Mainella.

"Our garden here is a national park," said Mrs. Bush.

Separately, Mrs. Bush presided over a ceremony unveiling a rose named after her.

"One of the wonderful things about being first lady is that you have flowers named for you," she said. (AP)

# Lawsuit: Va. Absentee Ballots Discriminatory

Group wants those in mental hospitals to be able to vote easier

RICHMOND, VA. | A state law surrounding absentee ballots unfairly restricts the mentally disabled, stripping those confined to mental hospitals of voting rights, according to a class-action lawsuit filed Monday on behalf of several mentally disabled Virginians.

In the suit, the Virginia Office for Protection and Advocacy takes aim at a state law that says "any person who is unable to go in person to the polls on the day of election because of physical disability or physical illness" can vote via mail-in, absentee ballot. The law doesn't extend to those with

mental disabilities or illnesses who can't reach the polls because they are confined, VOPA says.

It alleges the law violates the federal Americans With Disabilities Act and seeks a revision to state law.

The lawsuit names Gov. Timothy Kaine, state Secretary of Administration Viola Baskerville and the State Board of Elections among several defendants.

Attorneys cite as an example a case involving two Petersburg men confined to a hospital with "severe mental illness" but who have not, however, been deemed incompetent.

Both men applied for absentee ballots in May, but their applications were denied based on their mental illness, said Colleen Miller, director of VOPA. (AP)

# Rising Snakehead Population Studied

WASHINGTON | Scientists say the northern snakehead fish seems to be expanding in the Potomac River, and researchers are changing their focus from eradicating the predatory fish to collecting information on how it can coexist.

The Asian fish have been quickly reproducing, but they haven't gobbed up or driven out the Potomac's bass population.

Scientists will watch during the

next several weeks to see if there's a repeat of last October's mass snakehead migration. That could be a crucial test of the their growth.

The alien fish may have first shown up as early as 1998 or as late as 2002. Scientists believe a male and a female were likely dumped in the water and found each other in Fairfax County's Dogue Creek.

Snakeheads have become widespread. (AP)

## HEARSAY | TEST RUN

"It's literally going to be a mock election ... all day. We're going to have four precincts represented."

—JESSICA GOON, OF VOTING MACHINE MAKER DIEBOLD, ON A TEST HELD TUESDAY TO ENSURE THEIR MD. MACHINES ARE FIXED.

## The Lotteries

Monday, October 2

### DISTRICT

Mid-day Lucky Numbers	8-7-5
Evening Lucky Numbers	5-6-3
Mid-day DC 4	2-0-8-5
Evening DC 4	6-9-9-7

Rolling Cash Five **13-27-11-5-24**  
Daily 6 **17-20-13-16-28-22 (38)**

### MARYLAND

Mid-day Pick 3	2-7-9
Evening Pick 3	6-3-1
Mid-day Pick 4	8-8-0-6
Evening Pick 4	1-5-1-6
Match 5	1-3-16-17-21 (2)

### VIRGINIA

Mid-day Pick 3	4-4-4
Mid-day Pick 4	8-6-3-2
Mid-day Cash 5	1-21-23-25-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

# MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$15

MILLION

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Play at  
your favorite  
Maryland or Virginia  
Lottery retailer.

Top Prize Chances: 1 in 176 Million  
www.mdlottery.com • www.valottery.com

# Entertainment



**WHY ARE THEY SHOUTING?** If anyone can make opera accessible to opera-phobes, it's Washington National Opera director Plácido Domingo. The owner of the legendary tenor voice is writing a book, "The Joy of Opera," for non-fans of the lung-stretching art.



**THE RISE AND FALL:** "The Last King of Scotland" invents a character through whose eyes we witness Idi Amin's regime.

## Bad Man Blues

**Forest Whitaker turns in a nuanced portrait of a tyrant**

**FILLING BIG SHOES** | Actor Forest Whitaker tends to stick to the fringes, a soft-spoken man best known for restrained supporting roles and hushed characters who would not stand out in a crowd.

So it's surprising to see him at

the center of the throng, whipping people up to a frenzy as the tyrannical boogeyman of the 1970s, Idi Amin, in "The Last King of Scotland," opening in the Wahsington area tomorrow.

Whitaker approaches the Ugandan dictator by putting a frighteningly human face on a leader able to enchant the masses and media even as his brutal regime tortured and killed people.

A teenager when Amin's eight-year reign ended in 1979, Whitaker initially was aware of the man only as the despot depicted in the news.

"I just had a postage-stamp image of him. They created him as this savage, brutal guy," Whitaker said. "Hundreds of thousands of people died under his watch, so I'm not negating that. But the amount of charisma, humor, joy

and verve he had. I had no idea of that, and it's very clear when you watch him on tape, he was a massive showman."

Adapted from Giles Foden's novel, the film spins a fictional narrative about a young Scottish doctor (James McAvoy) seeking adventure in Uganda who catches Amin's eye and becomes personal physician — and ultimately trapped confidante — to the charming but ruthless ruler.

Ugandans have notoriously mixed feelings about Amin, abhorring the man for his bloody methods while admiring his progressive efforts to build schools and hospitals. "I had to pass through the propaganda maze — ignore it, actually — and just go to the source," said Whitaker, who researched the character through copious reading, studying video footage and talking with Ugandans about Amin.

"If we were in Uganda, we would know him intimately," Whitaker said. "He would have killed someone we know or promoted someone we know. So it's kind of easy. You get in a cab there, you're going to hear story after story."

"The Last King of Scotland" has earned Whitaker early Academy Awards buzz, sentiments the actor appreciates though modestly brushes aside.

"It's a great thing, it's a great possibility, but I've been doing this for a long time now, and you need to keep your head about yourself. ... I keep thinking about what am I going to do next? What characters can I play?" **DAVID GERMAIN (AP)**

## A Ph.D. in Booze and Romance

**Hold Steady rocks between the nightclub and the roadhouse**

**MUSIC** | Craig Finn may not look so hot in tight jeans, but the Hold Steady's balding, bespectacled frontman is our best shot at a new Springsteen. In between a throbbing Wurlitzer and massive, hug-the-guy-in-the-next-seat power chords, indie-rock's boozy poet laureate tackles young love on the

band's third and best album, "Boys and Girls in America" (Vagrant).

The Hold Steady's unlikely mix of arena-rock exuberance and Finn's sloshed-professor rambling was fresh at first but felt contrived by the second album, "Separation Sunday." "Boys and Girls," however, is packed with forceful, nuanced songwriting that makes room for face-melting guitar riffery, love-lorn Midwestern teenagers and even, by Hold Steady standards, a bit of actual singing.



Brooklyn rockers the Hold Steady are indie guy-rock's current darlings.

The plinking piano and Kerouac quotes of "Stuck Between Stations" capture the hormones and dashed hopes so familiar to fans of emo-focused Vagrant Records. But the textured, Big Star-inspired power pop of "First Night" and "You Can Make Him Like You" makes Finn's vivid rants cut deeper. All the single guys and girls downing shots at their concerts will appreciate that the Hold Steady is breaking beer bottles and hearts alike. **AUGUST BROWN (LOS ANGELES TIMES)**

### Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE [WASHINGTONPOST.COM/ENTERTAINMENT](http://WASHINGTONPOST.COM/ENTERTAINMENT)



#### CURSIVE A Mighty Pen

**1** Cursive, arguably Omaha's greatest indie-rock quartet, makes records that are smart, exceedingly ambitious and accessible. The band that once offered scream-induced catharsis now prefers to deliver its weighty concepts and clever conceits by singing. If this is what happens when emo kids grow up, well, maybe the trend's not that bad after all.

→ 9:30 Club, 815 V St. NW; with the *Thermals*, *Detachment Kit*, 10 p.m., \$15; 202-265-0930. (U St. - Cardozo)

#### DONALD HALL You Know It



**2** Hall, the Library of Congress' new poet laureate consultant in poetry (no, that's not a typo) drops verses today. Let's just say this is another in a long line of honors bestowed on this hallowed Hall.

→ Library of Congress, 101 Independence Ave. SE; 6:45 p.m., free; 202-707-2905. (Capitol South)

#### 'THE WITCHES OF EASTWICK' Dancing With the Devil

**3** Cher, Michelle Pfeiffer, liberal activist Susan Sarandon and Rolling Stone cover boy Jack Nicholson star in this 1987 film version of a John Updike novel.

→ Library of Congress, Mary Pickford Theater, 101 Independence Ave. SE; 7 p.m., free with reservations; 202-707-5677. (Capitol South)

#### WHAT'S HAPPENING?

Please send press releases and photos to [espressoevents@readexpress.com](mailto:espressoevents@readexpress.com)



**STILL DIRTY:** Ol' Dirty Bastard isn't done with fame. The late Wu-Tang rapper's final album will be released on Nov. 17. "A Son Unique" features guest stars Macy Gray, Missy Elliott, and Pharrell Williams, RZA, Ghostface Killah, Raekwon and Method Man.



## Entertainment

# Cockeyed Optimists

**'South Park' is filthy on the outside but gooey in the center**

**'TOONING IN |** One reason the animated "South Park" is so good is the shared vision of co-creators Matt Stone and Trey Parker. "We never have that problem where I want something one way and he wants it another," said Stone.

So it's them against the world when "South Park" begins a 10th season on Wednesday. Their surrogates in this enterprise remain Stan, Kyle, Kenny and Cartman, four bratty kids in an unhinged Colorado town.

This past year "South Park" has been particularly outrageous. The scathing two-part "Cartoon Wars" last spring ripped Comedy Central for not airing an image of Muhammad — even as the show displayed Christ defecating on the



**A DAY AT THE 'PARK':** Creators of the controversial cartoon Matt Stone, left, and Trey Parker admit there's an underlying sweetness to their foulmouthed characters.

American flag.

"We're always looking for social issues and weird connections to make," said Parker. There's no short-

age of material. Reflecting the series' startling timeliness (each episode is created from scratch and aired within a week), last October "South

Park" featured a beaver dam that broke and flooded a nearby town, amid much finger-pointing.

Similarly, in 2005 an episode examined a patient's right to die as Terry Schiavo lay comatose, a political and media circus raging around her.

But Parker and Stone's comedic rebelliousness is tempered by a seldom-acknowledged underlying sweetness in their show.

"We're happy people and we want the show to have an optimistic message," Stone said.

The show also has a semblance of balance. "You can take any issue and make fun of the extremes," said Stone. "So much of 'South Park' is a group on this side and a group on that side, screaming at each other. And the boys in the middle are going, 'What are you doing this for?'"

That's the Gospel of Matt and Trey — out of the foul mouths of babes. FRAZIER MOORE (AP)

## Downey Jr. Is the New Iron Man

**CASTING |** Robert Downey Jr. will star as the latest Marvel Comics superhero to hit the big screen.

Downey will play the title character in "Iron Man," a film directed by Jon Favreau. Filming is scheduled to begin in February, with the movie due in theaters in May 2008.

It will be the first feature film produced independently by Marvel Entertainment.

"[Downey's] versatility sets him apart and makes him an ideal fit to play such a complex character as Iron Man," said Kevin Feige, president of production for Marvel Studios.

"Iron Man" is the story of billionaire industrialist and inventor Tony Stark, who is kidnapped and forced to build a devastating weapon. Instead, he builds a high-tech suit of armor and escapes, vowing to protect the world. (AP)

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## Entertainment



**A GOOD CATCH:** R&B star Kelis is branching out—she's launching an apparel line called Cake and plans to release a cookbook next year. The daughter of a chef, Kelis said she's a good cook and that her husband, hip-hop icon Nas, will eat anything.

# A Fright for Eternity

## Universal revs up its monster-movie classics on new DVDs

**BEASTLY** | The terror of “Frankenstein” dates back to 1818, when Mary Shelley wrote the novel. Many theatrical versions followed, as did silent films, the first made by Thomas Edison’s company in 1910.

Yet not until James Whale’s 1931 version starring Boris Karloff as the monster, was the horror movie accepted by audiences and studios as a classic genre.

Universal has just unveiled “Frankenstein — 75th Anniversary Edition,” which includes the new digitally remastered movie, a biography



**SPARE PARTS:** Mary Shelley may have written the story, but director James Whale and star Boris Karloff cemented the image of Dr. Frankenstein's nameless monster.

of Karloff and featurettes, including one about the film’s influence.

Universal is giving the same treatment to “Dracula,” which was also released in 1931. But no horror picture quite captured the realism and style of Whale’s “Frankenstein.”

“It’s one of those iconic films that had a lot of influence,” said Rick Jewell, a University of Southern California professor specializing in American films of the 1930s and ’40s. “It really established the horror film as one of the more potent genres in Hollywood.”

Carl Laemmle Jr. produced the first “Frankenstein” talkie at Universal Studios. His father, Carl Sr., had presented his son command of Universal’s production as

a 21st birthday gift. Laemmle Jr. believed that horror films would be popular and he proved his point with “Dracula,” which starred Bela Lugosi in the vampire role he had played on Broadway.

Encouraged by the film’s success, he bought another Broadway play, “Frankenstein” by Peggy Webling. Lugosi and director Robert Florey had been assigned to the project, but Laemmle decided to try a different team, including British-born director James Whale.

The studio feared the movie would be too scary and so an opening sequence was filmed in which an actor warned theatergoers. That proved unnecessary at the film’s preview.

The monster has refused to die, appearing in scores of films from the outright scary to comedies such as “Abbott and Costello Meet Frankenstein” and Mel Brooks’ “Young Frankenstein.”

BOB THOMAS (AP)

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OPEN SEASON (PG) DIG (1130 1220 110 140 250 340 410 515) 610

640 730 830 900

OC: JACKASS: NUMBER TWO (R) - ID REQ'D DIG (210) 1025

FLYBOYS (PG-13) DIG (1210 320) 630 940

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JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1145 1215 310 450)

550 750 840

THE LAST KISS (R) - ID REQ'D DIG (100 330) 625 910

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JACKASS: NUMBER TWO (R) - ID REQ'D DIG (1200 1245 230 300)

500 530 730 830 1000

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ALL THE KING'S MEN (PG13) 1:25, 4:20, 7:30, 10:25  
ALL THE KING'S MEN (PG13) 1:25, 4:20, 7:30, 10:25  
FLYBOYS (PG13) 1:05, 4:15, 7:20, 10:25  
JACKASS: NUMBER TWO (R) 1:30, 2:35, 4:05, 5:05, 6:30, 7:30, 9:00, 10:05  
JET LI'S FEARLESS (PG13) 1:15, 2:15, 3:45, 4:45, 6:15, 7:15, 8:45, 9:45  
THE BLACK DAHLIA (R) 1:40, 4:35, 7:25, 10:10  
EVERYONE'S HERO (G) 1:10, 3:25, 5:40, 7:55  
GRIDIRON GANG (PG13) 1:15, 4:10, 7:10, 10:05  
THE LAST KISS (R) 1:05, 4:05, 6:55, 9:35  
THE COVENANT (PG13) 1:20, 4:10, 7:10, 9:55  
CRANK (R) 2:10, 4:30, 7:05, 9:40  
INVINCIBLE (PG) 7:40, 10:20  
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:10, 5:25



HOLLYWOODLAND (R) 1:25, 4:25, 7:20  
THE PROTECTOR (R) 10:20 PM  
THE ILLUSIONIST (PG13) 2:10, 4:55, 7:35, 10:10  
IDLEWILD (R) 10:15 PM  
LITTLE MISS SUNSHINE (R) 1:40, 4:40, 7:35, 10:10

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THE GUARDIAN (PG13) ✓ 1:30, 4:30, 8:00  
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SCHOOL FOR SCOUNDRELS (PG13) ✓ 2:00, 5:00, 8:45  
FLYBOYS (PG13) 4:50, 8:00  
JACKASS: NUMBER TWO (R) 4:30, 6:40, 8:50  
JET LI'S FEARLESS (PG13) 1:40, 4:40, 8:30  
THE BLACK DAHLIA (R) 7:30  
EVERYONE'S HERO (G) 4:40, 7:45  
GRIDIRON GANG (PG13) 5:00, 8:10  
THE COVENANT (PG13) 5:10, 8:30  
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FLYBOYS (PG13) 2:00, 4:55, 7:50  
THE BLACK DAHLIA (R) 2:10, 7:30  
THE LAST KISS (R) 2:30, 4:50, 7:20



HOLLYWOODLAND (R) 4:45  
HALF NELSON (R) ✓ 3:05, 5:30, 8:00

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OPEN SEASON (PG) 1:25, 3:35, 5:50, 8:10, 10:30  
OPEN SEASON (PG) 1:25, 3:35, 5:50, 8:10, 10:30  
SCHOOL FOR SCOUNDRELS (PG13) ✓ 1:05, 3:20, 5:45, 8:15, 10:45  
ALL THE KING'S MEN (PG13) 1:40, 4:30, 7:30, 10:40  
FLYBOYS (PG13) 1:00, 3:45, 6:50, 10:00  
JACKASS: NUMBER TWO (R) 1:50, 2:40, 4:15, 5:00, 6:45, 9:05, 10:05  
JET LI'S FEARLESS (PG13) 2:50, 5:20, 7:50, 10:25  
THE BLACK DAHLIA (R) 2:30, 5:15, 8:05, 10:45  
GRIDIRON GANG (PG13) 1:30, 4:25, 7:20, 10:15



THE LAST KISS (R) 2:00, 4:35, 7:00, 9:40  
HOLLYWOODLAND (R) 1:55, 4:50, 7:40, 10:30  
THE ILLUSIONIST (PG13) 2:05, 4:40, 7:15  
LITTLE MISS SUNSHINE (R) 3:00, 5:30, 8:00, 10:35

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SCHOOL FOR SCOUNDRELS (PG13) ✓ 1:45, 2:45, 4:10, 5:10, 6:35, 7:35, 9:00, 10:10  
ALL THE KING'S MEN (PG13) 1:15, 4:05, 7:05, 9:55  
FLYBOYS (PG13) 1:00, 4:00, 7:00, 10:00  
JACKASS: NUMBER TWO (R) 1:05, 2:00, 3:20, 4:30, 5:45, 7:15, 8:30, 9:45  
JET LI'S FEARLESS (PG13) 2:25, 4:55, 7:30, 9:55  
THE BLACK DAHLIA (R) 1:25, 4:20, 7:15, 10:00  
EVERYONE'S HERO (G) 12:45, 3:10, 5:20, 7:40  
GRIDIRON GANG (PG13) 1:10, 4:15, 7:10, 9:50, 10:10  
THE LAST KISS (R) 2:05, 4:50, 7:25, 9:50  
THE COVENANT (PG13) 2:00, 4:35, 7:05, 9:25  
CRANK (R) 12:55, 5:15, 9:45  
THE WICKER MAN (PG13) 2:55, 7:20  
INVINCIBLE (PG) 1:50, 7:10  
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 4:25, 9:35

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SCHOOL FOR SCOUNDRELS (PG13) 2:50, 5:10, 7:25, 9:45  
ALL THE KING'S MEN (PG13) 1:20, 4:00, 6:45, 9:25  
FLYBOYS (PG13) 3:10, 6:20, 9:15  
JACKASS: NUMBER TWO (R) 1:15, 2:10, 3:25, 4:30, 5:35, 6:40, 7:45, 8:50, 9:55  
JET LI'S FEARLESS (PG13) 2:55, 5:20, 7:40, 10:05  
THE BLACK DAHLIA (R) 4:20, 9:20  
THE BLACK DAHLIA (R) 4:20, 9:20  
EVERYONE'S HERO (G) 1:05, 3:05, 5:05, 7:05, 9:05  
GRIDIRON GANG (PG13) 1:30, 4:10, 6:50, 9:30  
THE LAST KISS (R) 5:15, 9:50  
THE COVENANT (PG13) 2:45, 7:30  
INVINCIBLE (PG) 2:00, 6:55  
INVINCIBLE (PG) 2:00, 6:55



THE ILLUSIONIST (PG13) 2:20, 4:45, 7:10, 9:35  
LITTLE MISS SUNSHINE (R) 2:30, 5:00, 7:20, 9:40

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EVERYONE'S HERO (G) 5:15  
THE COVENANT (PG13) 7:50  
INVINCIBLE (PG) 4:20, 7:20  
STEP UP (PG13) 4:10  
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:30  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 8:00  
THE DEVIL WEARS PRADA (PG13) 7:10



HOLLYWOODLAND (R) 4:00, 7:30  
THE PROTECTOR (R) 5:40  
AN INCONVENIENT TRUTH (PG) 7:40  
MAXX (NR-NOT RATED) 4:40, 7:00

### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

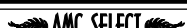
THE GUARDIAN (PG13) 1:00, 4:00, 7:00, 10:00  
OPEN SEASON (PG) 12:55, 2:05, 3:05, 4:35, 5:35, 6:55, 7:55, 9:25, 10:15  
SCHOOL FOR SCOUNDRELS (PG13) 2:20, 4:50, 7:20, 9:50  
JACKASS: NUMBER TWO (R) 1:15, 3:25, 5:35, 7:50, 10:20  
JET LI'S FEARLESS (PG13) 2:30, 5:10, 7:40, 10:10  
THE BLACK DAHLIA (R) 7:15, 10:05  
EVERYONE'S HERO (G) 12:50, 3:00, 5:05  
GRIDIRON GANG (PG13) 1:05, 1:30, 4:05, 4:30, 7:05, 7:30, 10:10, 10:15  
THE COVENANT (PG13) 7:45, 10:00  
CROSSOVER (PG13) 2:10, 4:40, 7:10, 9:40  
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:10, 3:20, 5:30



IDLEWILD (R) 1:25, 4:25, 7:25, 10:05

### LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801



THE U.S. VS. JOHN LENNON (PG13) 2:10, 4:40, 7:50, 10:10  
THE SCIENCE OF SLEEP (R) 1:20, 2:00, 4:20, 5:00, 7:10, 7:40, 9:30, 10:00  
HAVEN (R) 3:50, 9:20  
KEEPING MUM (R) 1:50, 4:10, 7:30, 9:50  
HOLLYWOODLAND (R) 1:40, 4:30, 7:10, 9:40  
THE BOYNTON BEACH CLUB (NR-NOT RATED) 1:30, 7:00  
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:20, 9:40

### AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

THE GUARDIAN (PG13) ✓ 12:55, 2:10, 4:00, 5:20, 7:00, 8:25, 10:10  
OPEN SEASON (PG) ✓ 12:50, 2:00, 3:15, 4:25, 5:35, 6:45, 7:45, 9:05, 10:00  
OPEN SEASON (PG) 12:50, 3:15, 5:35, 7:45, 10:00  
SCHOOL FOR SCOUNDRELS (PG13) ✓ 1:55, 4:50, 7:15, 10:05  
ALL THE KING'S MEN (PG13) 1:40, 4:40, 7:35, 10:45  
FLYBOYS (PG13) 1:20, 4:30, 7:40, 10:40  
JACKASS: NUMBER TWO (R) 1:00, 2:20, 3:30, 4:45, 5:55, 7:10, 8:30, 9:30, 10:45  
JET LI'S FEARLESS (PG13) 1:45, 2:55, 4:15, 5:25, 6:40, 8:10, 9:20, 10:35  
THE BLACK DAHLIA (R) 1:25, 4:10, 7:25, 10:15  
GRIDIRON GANG (PG13) 1:50, 4:35, 7:30, 10:30  
THE LAST KISS (R) 1:15, 4:05, 7:05, 9:35



THE ILLUSIONIST (PG13) 2:05, 5:05, 7:50, 10:25  
LITTLE MISS SUNSHINE (R) 1:30, 4:20, 7:00, 9:25

### AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.  
703-998-4AMC

THE GUARDIAN (PG13) 4:10, 7:10  
OPEN SEASON (PG) 5:40, 8:10  
SCHOOL FOR SCOUNDRELS (PG13) 5:10, 8:00  
FLYBOYS (PG13) 4:05, 7:15  
JACKASS: NUMBER TWO (R) 4:15, 7:00  
JET LI'S FEARLESS (PG13) 5:15, 8:05  
THE BLACK DAHLIA (R) 7:40  
GRIDIRON GANG (PG13) 4:25, 6:30, 7:20  
THE COVENANT (PG13) 4:20, 7:25  
CROSSOVER (PG13) 4:30, 7:35  
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 5:20, 5:35



IDLEWILD (R) 7:30

### AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

FLYBOYS (PG13) 4:05, 7:05  
THE COVENANT (PG13) 4:30, 7:10  
CRANK (R) 5:45  
INVINCIBLE (PG) 4:15, 6:45  
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 8:00



THE LAST KISS (R) 5:15, 7:45  
HALF NELSON (R) ✓ 4:45, 7:15  
LITTLE MISS SUNSHINE (R) 5:30, 8:15

### AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.  
301-729-6633

THE GUARDIAN (PG13) ✓ 5:10, 8:15  
OPEN SEASON (PG) ✓ 5:50, 7:45  
OPEN SEASON (PG) 5:50, 7:45  
SCHOOL FOR SCOUNDRELS (PG13) ✓ 5:30, 8:00  
JACKASS: NUMBER TWO (R) 5:40, 8:00  
EVERYONE'S HERO (G) 5:20  
GRIDIRON GANG (PG13) 5:20, 8:15  
THE COVENANT (PG13) 7:30

### LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.  
202-244-0880

JACKASS: NUMBER TWO (R) 1:30, 2:30, 4:15, 5:15, 6:40, 7:40  
JET LI'S FEARLESS (PG13) 2:00, 4:30, 7:10  
GRIDIRON GANG (PG13) 1:20, 4:10, 7:00  
BEERFEST (R) 2:15, 7:05  
INVINCIBLE (PG) 4:20  
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 1:30, 6:50



THE PROTECTOR (R) 4:45

### LOEWS DUPONT 5

1350 19th St.  
202-333-3456

THE DEVIL WEARS PRADA (PG13) 5:00, 7:30



CONFETTI (R) 5:10  
HAVEN (R) 4:40, 7:10  
KEEPING MUM (R) 4:30, 7:00  
THIS FILM IS NOT YET RATED (NR-NOT RATED) 5:20, 7:40  
QUINCEANERA (R) 7:50

### LOEWS WHITE FLINT 5

North Bethesda  
202-333-3456

THE GUARDIAN (PG13) 2:00, 4:35, 7:30  
OPEN SEASON (PG) 2:15, 4:30, 7:05  
SCHOOL FOR SCOUNDRELS (PG13) 2:10, 4:20, 7:00  
ALL THE KING'S MEN (PG13) 2:00, 4:45, 7:30  
THE BLACK DAHLIA (R) 2:05, 7:25



HOLLYWOODLAND (R) 4:40

Times for Tuesday, October 3, 2006

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and your blood sugar level is still too high,  
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Local physicians are conducting a  
research study of a new  
investigational medication for  
Type 2 diabetes in patients  
between the ages of 18 and 78  
that have been taking only  
metformin (glucophage) for at  
least 3 months. If you qualify, you  
will receive all study-related care  
and study medication at no cost.

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Millennium Clinical Trials  
(703) 527-8100

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Arlington, VA 22203  
(near Metro)

# Do you experience uncontrolled seizures?

If you are between 18 and 70 years of age and have been diagnosed with  
epilepsy that is not controlled with medications, you may be eligible to  
participate in a clinical research trial studying an investigational surgically  
implanted device developed by Neuropace, Inc.

The study lasts approximately 28 months and  
involves 26 clinic visits as well as hospitalization  
and surgery for the permanent implantation of  
the investigational device. Costs of the study  
will either be covered by medical insurance or  
the sponsoring company, Neuropace Inc.

THE GEORGE  
WASHINGTON  
UNIVERSITY  
MEDICAL CENTER  
WASHINGTON DC

Principal Investigator: James Leiphart, MD, PhD  
Contact: Florencia Gonzalez, MPH, at 202-741-2602  
The George Washington Medical Faculty Associates  
Department of Neurosurgery. Please refer to the Neuropace study.

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XX143e 3x.5

nine simple numbers

you learned by age 3

	6	1		4		5
		8	3		5	6
2				7		1
8			4			6
		6			3	
7			9	1		4
5						2
	7	2		6	9	
	4		5		8	7

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XX141a 5x2



# Television



**SKETCHY DOINGS:** Fans of Nick Cannon will be seeing lots more of him. MTV has approved a sketch-comedy series, "Nick Cannon Presents: Short Circuitz," starring and executive produced by the actor and musician.

# Rules of the Game

## 'Friday Night Lights' shine on a Texan football obsession

**TOUCHDOWN** | “Friday Night Lights” (8 p.m., NBC) was a great book and a good movie and is now a fine TV drama. It captures the pressure-cooker atmosphere of a small Texas town where football isn’t everything, it’s the only thing.

Eric Taylor (Kyle Chandler) has inherited the head-coach job for the Dillon Panthers after a string of winning seasons. Every talk-radio caller seems obsessed with his perceived weaknesses.



**BIG MAN ON CAMPUS:** Gaius Charles as star player Brian "Smash" Williams.

The teenage players bestride Dillon like demigods, but they're not immune to the town's obsession. In a great scene, Taylor and his team attend the opening of a local car dealership. The coach is subjected to meddling from the town elders and a lecture from the mayor while the players find themselves sought after by cheerleaders, classmates and groupies.

The atmosphere is so powerfully charged and utterly claustrophobic that the screen seems to explode with the opening kickoff of the Panthers' first home game.

It remains to be seen whether "Friday" can maintain this level of dramatic tension throughout a season, but it's off to an exceptional start. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

## GRIM UPDATE

Pakistan's president, Pervez Musharraf, has been everywhere lately. Now he's on a powerful **FRONTLINE** (10 p.m., PBS) installment, "The Return of the Taliban." "Frontline" interviews Musharraf, his aides and generals about how they balance their role in Washington's war on terror with attempts to keep Islamic militants from breaking into full-scale revolt.

COME ON IN

The British drama **THE STREET** (10 p.m., BBC America) opens the door to a new home in every episode. An exceptional cast includes Jim Broadbent, Timothy Spall and Jane Horrocks.

## DO THEY SHARE A BEACH HOUSE?

Veronica and the gang enter college on the season premiere of **VERONICA**



**STILL HERE:** “Frontline” shows that the Taliban remain active in Afghanistan.

**MARS** (9 p.m., CW).

**CULT CHOICE**  
A neurotic TV writer (Woody Allen) recalls the love of his life (Diane Keaton) in the 1977 comedy **ANNIE HALL** (8 p.m., TCM). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

10:30:06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	4 News	Nightly News	Access Hollywood	Friday Night Lights "Pilot"	Law & Order: Criminal Intent (N)	Law & Order: Special Victims Unit (N)	News	Tonight Show				
	WTTG	5 Every-Raymond	The Simpsons	Seinfeld	MLB Baseball Division Series -- Teams TBA. (S Live)	News							
	WJLA	7 News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars Eight couples remain.	Help Me Help You	Boston Legal (N)	News	(35) Nightline			
	WUSA	9 News	Evening News	9News Tonight	Entertainment	NCIS "Singed Out" (ITV) (N)	The Unit "The Kill Zone" (N)	Smith "Three" (N)	News	Late Show			
	WDCA	20 Divorce Court (N)	Divorce Court	Judge Joe Brown	Judge Judy (N)	Desire "If Only" (N)	Fashion House "Bridezilla" (N)	News	Scrubs	That '70s Show	That '70s Show		
	WMPT	22 The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "NOVAscienceNOW" (N)	Frontline Pakistani tribal areas.	Frontline "Son of Al Qaeda" (N)	Frontline Pakistani tribal areas.	Charlie Rose (N)	Charlie Rose (N)	Charlie Rose (N)		
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "NOVAscienceNOW" (N)	Nature (DVS)	BBC World News	Tavis Smiley	Charlie Rose (N)	Charlie Rose (N)	Charlie Rose (N)		
WHUT	32 World Business	Tavis Smiley	BBC World News	Moneywise	Mystery! A doctor decides to murder his detestable wife.	Roadtrip Nation	BBC World News	Tavis Smiley	Charlie Rose (N)	Charlie Rose (N)	Charlie Rose (N)		
WDCW	50 My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls (N)	Veronica Mars "Welcome Wagon"	Friends	Friends	Sex and the City	Sex and the City	Sex and the City		
BASIC CABLE	A&E	Cold Case Files	Crossing Jordan "Acts of Mercy"	CSI: Miami "Complications"	Bounty Hunter	Bounty Hunter	Inked (N)	Inked	Dallas SWAT				
	Animal	The Crocodile Hunter	The Most Extreme Big cats.	The Most Extreme Wild raiders. (N)	Profiles of Nature "Ambush!"	Animal Cops Detroit "Feline Frenzy"	The Most Extreme Wild raiders.						
	BET	106 & Park: BET's Top 10 Live	College Hill	** "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce.	Top 25: Money, Power, Respect	The Parkers	The Parkers						
	Bravo	Million Dollar Listing "Hollywood"	Million Dollar Listing "Hollywood"	Million Dollar Listing (N)	Project Runway "Editorial"	The Biggest Loser	The Biggest Loser						
	Comedy	(5:00) ** "Good Advice" (2001)	Reel Comedy (N)	Scrubs "My Hero"	Daily Show	Colbert Report	Mind of Mencia	South Park	South Park	Chappelle's Show	Daily Show	Colbert Report	
	Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	World's Scariest Police Chases 3	On the Run "Whiskey Robber" (N)		
	Discovery	It Takes a Thief	How It's Made	How It's Made	Oil, Sweat and Rigs	Dirty Jobs Viewers' questions.	Fugitive Strike Force "Shots Fired"	Dirty Jobs Dismantling parade floats.					
	DISCH	Code Blue Car-crash injuries.	Impact: Stories of Survival	Little People, Big World	Untold Stories of the E.R.	When Surgical Tools Get Left Behind	Little People, Big World						
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	"Halloweentown High" (2004) Debbie Reynolds.	Zack & Cody	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven		
	E!	(5:00) Christina Aguilera	E! News (N)	The Daily 10 (N)	Simple Life	Simple Life	Hugh Hefner: The E! True Hollywood Story						
	FX	That '70s Show	** "X2: X-Men United" (2003, Fantasy)	Patrick Stewart, Hugh Jackman, Ian McKellen: A right-wing militant pursues the mutants.	Nip/Tuck "Dawn Budge" (N)	(:05) Nip/Tuck "Dawn Budge"							
	HGTV	If Walls Could	What's House?	What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me (N)	Parents House	FreeStyle (N)
	Family	Everwood "The Great Doctor Brown"	Gilmore Girls "Fight Face"	"The Cutting Edge 2: Going for the Gold" (2006) Christy Carlson Romano.	Whose Line?	Whose Line?	The 700 Club						
	History	Modern Marvels: Sub-Zero	Modern Marvels: Water	The Wrath of God	Mega Disasters	Mega Movers "Tower Crane"	The Big Build "The Fort"						
	Lifetime	Reba	** "Road Rage" (1999, Suspense) Yasmine Bleeth, Jere Burns.	"Pavement" (2002, Suspense) Robert Patrick, Lauren Holly. Premiere.	Will & Grace	Will & Grace							
	MTV	Little Talent	Sucker Free	Pimp My Ride	Pimp My Ride	Two-A-Days	Two-A-Days	True Life (N)	Little Talent	Laguna Beach			
	NICK	Ned's School	Avatar-Last Air	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House	Fresh Prince	Designing Women	Designing Women	Designing Women	Designing Women
SCI FI	Eureka "H.O.U.S.E. Rules" (N)	Dead Like Me "The Escape Artist"	Dead Like Me "Be Still My Heart"	Eureka "Once in a Lifetime" (N)	ECW Who is Big Show's next victim?	Battlestar Galactica: Story							
SPIKE	World's Wildest Police Videos	CSI: Crime Scene Investigation	CSI: Crime Scene Investigation	** "The Texas Chainsaw Massacre" (2003, Horror) Jessica Biel, Jonathan Tucker.	Real TV								
TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	(:10) Friends	(:40) Friends	Every-Raymond	Every-Raymond			
TLC	While You Were Out	Miami Ink "We're All Family"	Miami Ink "Kat the Party Machine"	Miami Ink "Kat: A Fish out of Water"	Miami Ink "Yoji's Initiation"	Miami Ink "Going for the Gold"							
TNT	Law & Order "Prejudice"	Without a Trace "Lost Time"	Law & Order "Asterisk"	Law & Order "The Wheel"	Law & Order "Bounty" (DVS)	Studio 60 on the Sunset Strip "Pilot"							
USA	Law & Order: Special Victims Unit	Law & Order: Criminal Intent	Law & Order: Criminal Intent	** "Meet the Parents" (2000, Comedy)	Robert De Niro, Ben Stiller.	Studio 60 on the Sunset Strip "Pilot"							
VHI	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	20 Greatest Celebrity Moments	The Flavor of Love	The Flavor of Love Meeting families.	** "The Fighting Temptations" (N)					
SPAN	TELEM	Sala de Parejas	Noti-Telemundo	Viuda de Blanco	Tierra de Pasiones	Amores	Decisiones	Noti-Telemundo	Laura				
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)	La Fea Más Bella (N)	Mundo de Fieras (N)	Ver Para Creer	Primer Impacto	Noticiero Univ.				
SPORTS	ESPN	MLB Baseball: Div. Series	SportsCenter (Live)	Monster Shark Tournament	2006 World Series of Poker (Taped)	2006 World Series of Poker (Taped)	SportsCenter (Live)						
	ESPN2	The Contender	College Football Southern Mississippi at Tulsa. (Live)				Quite Frankly With Stephen A. Smith	Bowling					
	CSN	Totally Football	SportsNite	College Football Virginia at Duke. (Taped)			SportsNite	ACC All-Access	Final Score				
NEWS	CNN	Lou Dobbs Tonight	The Situation Room	Paula Zahn Now	Larry King Live	Anderson Cooper 360 Strife in the congo.							
	FNC	Special Report (Live)	The Fox Report With Shepard Smith	The O'Reilly Factor (Live)	Hannity & Colmes (Live)	On the Record-Van Susteren	The O'Reilly Factor						
	MSNBC	Tucker	Hardball	Countdown With Keith Olbermann	Scarborough Country	MSNBC Documentary	MSNBC Documentary						
MOVIES	AMC	** "Romancing the Stone" (1984, Adventure) Michael Douglas. 'PG'	** "Private Benjamin" (1980, Comedy) Goldie Hawn. Premiere. 'R'	(:15) ** "Down and Out in Beverly Hills" (1986) Nick Nolte. 'R'									
	TCM	Penny Serenade	(:45) ** "Thirteen Women" (1932) Irene Dunne. 'NR'	**** "Annie Hall" (1977, Comedy) Woody Allen, Diane Keaton. 'PG'	** "Moonstruck" (1987) Cher. 'PG'							Out-of-Towners	
	HBO	(5:45) *** "Ocean's Twelve" (2004) George Clooney. 'PG-13'	Real Sports	** "Walk the Line" (2005, Biography) Joaquin Phoenix, Reese Witherspoon. 'PG-13'	** "A Sound of Thunder" (2005) Edward Burns. 'PG-13'							Def Comedy Jam	
	MAX	Cinderella Man	** "Hard Target" (1993) Jean-Claude Van Damme. 'R'	(:15) ** "The Wash" (2001, Comedy) Dr. Dre, George Wallace. 'R'								(:45) Sexy Movie	
	SHOW	(5:15) *** "The Big Easy" (1986)	** "The Longest Yard" (2005) Adam Sandler. (ITV) 'PG-13'	Dexter "Dexter" (ITV) Double life.	Masters of Horror "Homecoming"	Weeds (ITV)	The Underground						
	TMC	Withnail and I 'R'	(:20) *** "Swept From the Sea" (1997) Vincent Perez.	(:15) ** "Control" (2004, Suspense) Ray Liotta, Willem Dafoe. 'R'	** "Permanent Midnight" (1998) Ben Stiller. 'R'							Bukowski: Born	
	STARZ!	(5:30) ** "Bye Bye, Love" (1995) Matthew Modine.	(:20) ** "Are We There Yet?" (2005) Ice Cube. 'PG'	** "Chicken Little" (2005) Voices of Zach Braff. 'G'	** "Dumb and Dumber: When Harry Met Lloyd" (2003)								
ENCORE	(:05) ** "Mr. Baseball" (1992) Tom Selleck. Premiere. 'PG-13'	** "Pleasantville" (1998, Comedy) Tobey Maquire. 'PG-13'	(:15) *** "Back to the Future Part III" (1990) Michael J. Fox. 'PG'										



"What I did out there was disgusting. It doesn't matter what the league does to me. The way I feel right now, you just can't describe it."

— **Titans DT Albert Haynesworth**, who was suspended five games for kicking someone in the head.



## Sports

# Silent Santana Carries a Big Load

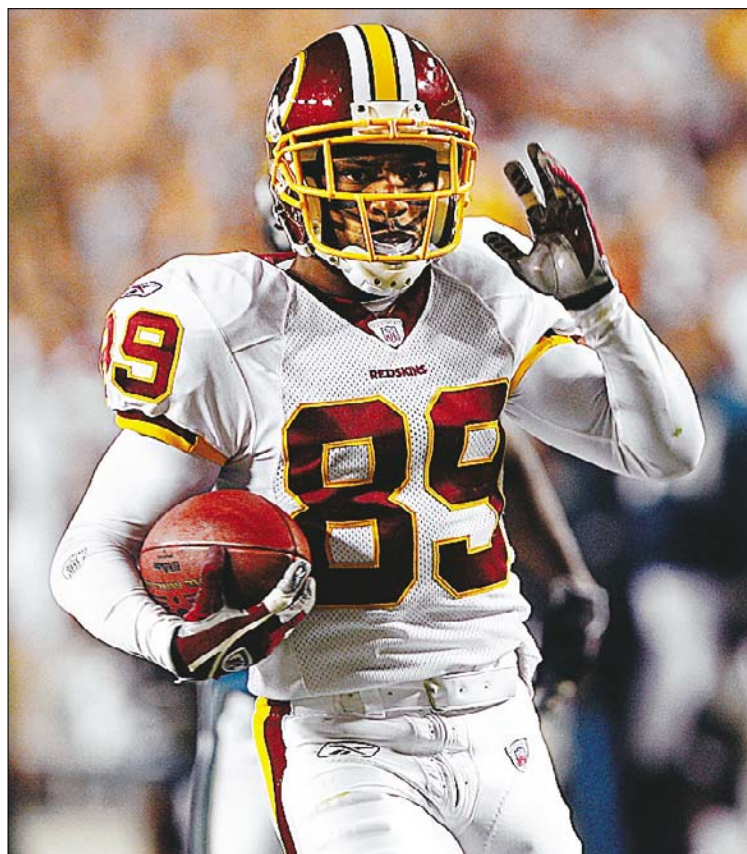
Star receiver stays out of the spotlight, except when he's on the field

**REDSKINS** | Santana Moss spoke with his mouth full, munching on two cookies as he spoke with reporters in the parking lot with the television cameras rolling. His cell phone went off four times, providing a rap music soundtrack to his candid comments.

Moss didn't care. He is not about image. He rarely does anything off the field to draw attention to himself. While other receivers get more publicity, Moss is flashy only when the game is in progress.

But maybe it's about time to put the Washington Redskins receiver near the top of the list when it comes to the league's most exciting wide-outs. His three-touchdown performance in Sunday's overtime victory over the Jacksonville Jaguars was enough to give goose bumps to anyone who has played the position.

"Moss is the silent assassin," fullback Mike Sellers said Monday.



**LITTLE BIG MAN:** Even at just 5-foot-10, Santana Moss has become the Redskins' go-to receiver. He has become one of the NFL's most successful wide outs.

"Even if he burns you, he won't talk trash to you. He'll just walk back to the huddle and run the next play. That's a true professional. I think that's what the NFL is trying to achieve, that type of player where you get rid of all the antics and just play the game."

The 5-foot-10 speedster isn't really silent. In fact, he's one of the most generous when it comes to granting interviews. And he doesn't sugarcoat anything.

"I don't think anything I do goes in slow motion," Moss said of his game-winning grab. "It happened so fast, I didn't even have the chance to think about it. I just reacted."

Washington's performance against the Jaguars could be another kick-start for the Redskins (2-2), who have some legitimacy after a victory over a team other than Houston. The offensive line didn't commit a penalty or allow a sack and opened enough holes for 152 yards rushing. Mark Brunell is back to form two weeks after flirting again with the "washed-up" questions. **JOSEPH WHITE (AP)**

## Swengali

**REDSKINS** | BY MATT SWENSON

## Running Key to Redskins' Wins

**IT'S A BRAND-NEW** season in Washington.

The Redskins' thrilling, 36-30 overtime victory over the Jacksonville Jaguars doesn't guarantee a trip to the Super Bowl, or even the playoffs.

It does, however, negate the team's first two games, which left the Redskins looking more dead than former Rep. Mark Foley's political career.

At 2-2 a quarter of the way through the season, Washington is in fine shape.

All the Redskins need to do is keeping running the football.

That's what propelled the team to the playoffs last year. And, news flash, it's still what they're good at.

Perhaps coincidentally, offensive

**"Al Saunders rediscovered his running plays when Clinton Portis got healthy."**

# Tigers Ready for Intimidating Lineup

Torre has an easy job setting the order for a powerful Yanks squad

**BASEBALL** | Yankees manager Joe Torre is blessed with a modern-day version of Murderers' Row.

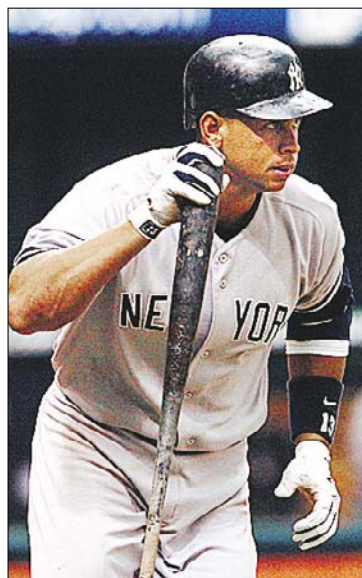
With a lineup that features nine All-Stars, Torre admits he could easily have picked his batting order out of a hat and still been in great shape when New York opens the AL division series against the Detroit Tigers on Tuesday night.

"I'm lucky to be a manager on a club that I can probably have six or seven guys hit fourth," Torre said.

And the potent offense wasn't lost on Tigers manager Jim Leyland.

"They have maybe one of the best lineups in the history of baseball," Leyland said. "I'm sure Joe Torre is a lot more relaxed than I am."

While the Yankees (97-65)



When the Yankees' playoff run begins, Alex Rodriguez will be in the spotlight.

clinched their ninth straight division title with room to spare, Leyland's Tigers limped into the playoffs by losing their final five games of the

season. "We weren't planning on coming to New York," Leyland said. "But here we are."

Despite facing an overpowering lineup that has reigning AL MVP Alex Rodriguez batting sixth, the young Tigers don't sound overwhelmed.

"I'm not really sure we're the underdog," Leyland said. "Nobody has more respect for the New York Yankees than we do, but I believe that when you get down to the final eight teams, whoever plays good at that particular time has a chance to win."

Detroit (95-67) is making its first appearance in the playoffs since 1987 and had its first winning season since 1993.

"It's been an exciting run, just in the fact that we have seen a revival in Detroit," Game 1 starter Nate Robertson said. "There's some pride restored here. We are proud of that."

**DOUG FEINBERG (AP)**

## After Mediocre Year, Giants Cut Ties With Alou

**BASEBALL** | The San Francisco Giants cut ties with manager Felipe Alou on Monday, a day after the team finished its second straight losing season.

The change had been expected for some time, with the 71-year-old Alou's contract expiring. He said he would like to stay in baseball in 2007, possibly with the Giants, the franchise that signed him out of the Dominican Republic in 1955.

After winning 100 games and the NL West in his first season in 2003, the Giants did not make the playoffs again. Alou had a 76-85 mark in 2006, ending his tenure with a 342-304 record.

"I'm proud of my behavior, my respect to the game, people, to the cities and countries, the flags," Alou said last week. "I don't like .500. A .500 man to me is mediocrity." **(AP)**

guru Al Saunders rediscovered his running plays when Clinton Portis got healthy. Mixing in Ladell Betts has made a good attack better.

Defenses have to respect both backs and the offensive line doing a strong job up front. That's leaving room for Santana Moss to break free for big plays like the game-winner Sunday.

Next up are the Giants, who don't start playing until the fourth quarter.

Given the work-in-progress state of the Redskins' defense, it will be up to the offense to continue to pile up big numbers.

It shouldn't be too hard. Just keeping handing it to No. 26 and No. 46.

**@** To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)





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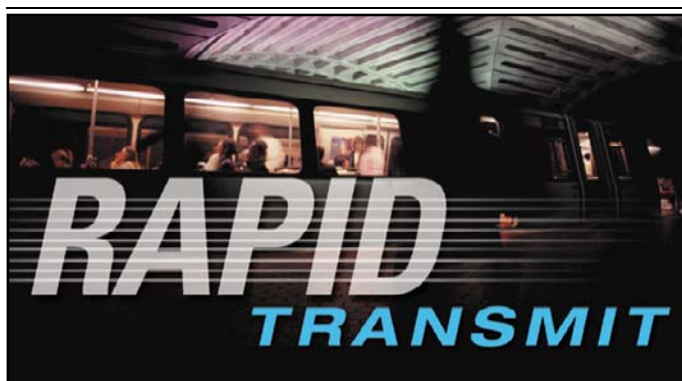
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**MR. GLASS:** Ricky Williams' luck has yet to improve. Playing in just his second CFL game since returning from a broken arm, Williams injured his left heel Saturday in a freak locker-room accident when a locker room door slammed shut behind him, the Toronto Star reported.



## Sports

# Focus Turns to Soriano's Contract

After long season, the question becomes: Will the star return to D.C.?

**NATIONALS** | It was Game 2 of what would become a long, 91-loss season for the Washington Nationals. Alfonso Soriano, at the center of quite a bit of hubbub over a position switch, took his time running out a popup and was sent to the bench by manager Frank Robinson.

Soriano took the message seriously, wound up earning praise from Robinson for his hustle, and produced the first 40-40-40 (homers-steals-doubles) season in major league history.

Now that Robinson is gone, having managed his final big league game in Sunday's season finale, the key offseason question becomes:

Will Soriano leave, too?

"I'd like to be back," the perennial All-Star said. "It just depends what they want to do."



**WHAT A STEAL:** Alfonso Soriano has been the Nationals' most productive player, becoming the first player to hit 40 homers and 40 doubles and steal 40 bases.

Soriano said he and his agent will meet Wednesday with general manager Jim Bowden and team president Stan Kasten, although Soriano also insisted he doesn't want to talk about a contract offer yet.

But given how good his season was, the many millions of dollars it will take to sign him could be more than the rebuilding Nationals are willing to pay.

"I love Alfonso. We love what he's done for our team. In addition to what he is on the field, he's a great, great kid. ... And he's at an age where he can still be part of our team when we are successful — which is in the very near future," Kasten said last week.

"So, you bet, absolutely — I'm going to be out there trying to sign him. But ... if I take too many of our limited resources and dedicate it to one player ... that will set us farther back. ... I won't do that. I will keep us on track to build this thing right."

HOWARD FENDRICH (AP)

# Baker Out As Cubs' Manager

Announcement comes one day after team finishes season 66-96

**BASEBALL** | Dusty Baker is out as the Chicago Cubs' manager following a last-place finish and a failure to take the team to the World Series in his four years.

The Cubs made the announcement Monday, a day after team president Andy MacPhail resigned and the club finished with a 66-96 record.

"I wish we could have gotten it done but we didn't," Baker said. "You see four years come to pass very quickly."

Baker was in the last season of his \$14 million-to-\$15 million deal and had hoped to resurrect the franchise that hadn't been in the World Series since 1945 and hadn't won one since 1908. The Cubs got within five outs of the Series in 2003, but never came close after that.

He compiled a 322-326 record during his time in Chicago.

Baker said he talked to the players on Sunday.

"I just urged them yesterday just to learn from some of the things that they might have understood, and some of the things that they didn't understand," he said.

RICK GANO (AP)



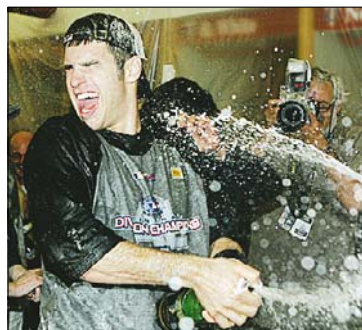
Baker

# Twins Change Focus to Similar Foe

After planning for the Yankees, A.L. Central champs get A's instead

**BASEBALL** | The luggage was loaded for New York, where Minnesota was presumably headed until the conclusion of a chaotic, emotional week left the Twins celebrating their AL Central championship on Sunday.

Suddenly, home-field advantage for the first round of the postseason



Twins catcher Joe Mauer celebrates his team's AL Central division title.

was theirs, along with some extra time to rest and the chance to procrastinate a possible matchup with the mighty Yankees.

"It was a good feeling taking your bag off the truck last night and just going home instead of getting on a plane," said Joe Mauer, who became the first catcher in history to lead the majors in batting average.

"I think a lot of guys were still in shock with all the stuff that happened," Mauer said.

They're pitted against the Oakland Athletics, the AL West winners, a team they beat in the division series four years ago, and a club molded by an organization with similar payroll constraints and a productive farm system. Game 1 is Tuesday afternoon.

"They're a lot like us," said right fielder Michael Cuddyer, one of only four players remaining in Minnesota from the 2002 playoffs. "They're built around starting pitching and defense. They've got great team chemistry. They play the game the right way." (AP)

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The amount, in millions of dollars, put up by a group of investors along with Christian Laettner and former teammate Brian Davis to buy 70 percent of the Memphis Grizzlies.

## Sports

# The Newest Gilbertology

Looking for new ways to improve, Arenas goes high in the sky

WIZARDS | Take a deep breath, and get ready for the latest in Gilbertology: Washington Wizards point guard Gilbert Arenas is thinning the air in his house.

"I had my house converted to the Colorado altitude, so I am always above sea level," Arenas said Monday at the Wizards annual pre-training camp media day.

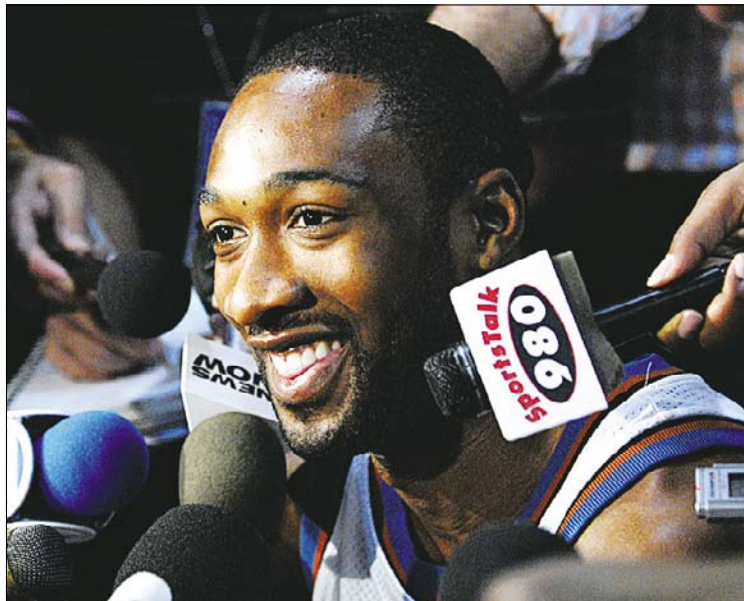
He'll get plenty of nods with that statement, but, yep, he's really doing it. Instead of going to the mountains to train — as some endurance athletes do — Arenas has hired a company to simulate those conditions in a home environment.

Arenas hopes the living arrangement will give him more energy in the fourth quarter, when everyone else is getting tired from breathing the same old heavy air.

"How I start the game is how I finish the game," he said.

There's always something up with Arenas, whether it was his revelation last year that he played online poker during halftime, or the multitude of ways he finds to keep chips on his shoulders. No wonder coach Eddie Jordan said last week that he hadn't spoken much to Arenas this summer because he could stand only so much "Gilbertology."

Despite the extracurriculars —



**ALL SMILES:** Guard Gilbert Arenas talks with a slew of reporters at Wizards media day. After not making the national team, Arenas has another chip on his shoulder.

## Keeping It Fierce

→ With one of the deepest teams in years getting ready to start camp, the Wizards expect to have plenty of healthy competition for playing time this season | **Today, Sports**

## IN The Washington Post

or maybe because of them — Arenas is one of the best in the game. He was fourth in the league in scoring last season, averaging 29.3 points, and made his second consecutive All-Star team.

Even so, there's a feeling he's never really been given his due. That's why he wears the No. 0 —

he was supposed to get zero minutes at the University of Arizona. Yes, he was an All-Star last season, but only as a late replacement for an injured player.

Fuel was added to the fire this summer, when Arenas was among the final cuts for the U.S. world championship team. The convenient excuse was that he had a strained groin, but Arenas said he essentially withdrew after learning that he probably wasn't going to make the team anyway.

"There always someone out there who keeps me going," he said, "and I like it." JOSEPH WHITE (AP)

## MLB STANDINGS

### AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
× N.Y. Yankees	97	65	.599	—	50-31	47-34
Toronto	87	75	.537	10	50-31	37-44
Boston	86	76	.531	11	48-33	38-43
Baltimore	70	92	.432	27	40-41	30-51
Tampa Bay	61	101	.377	36	41-40	20-61

CENTRAL	W	L	PCT.	GB	HOME	ROAD
× Minnesota	96	66	.593	—	54-27	42-39
○ Detroit	95	67	.586	1	46-35	49-32
Chicago	90	72	.556	6	49-32	41-40
Cleveland	78	84	.481	18	44-37	34-47
Kansas City	62	100	.383	34	34-47	28-53

WEST	W	L	PCT.	GB	HOME	ROAD
× Oakland	93	69	.574	—	49-32	44-37
L.A. Angels	89	73	.549	4	45-36	44-37
Texas	80	82	.494	13	39-42	41-40
Seattle	78	84	.481	15	44-37	34-47

### NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
× N.Y. Mets	97	65	.599	—	50-31	47-34
Philadelphia	85	77	.525	12	41-40	44-37
Atlanta	79	83	.488	18	40-41	39-42
Florida	78	84	.481	19	42-39	36-45
Washington	71	91	.438	26	41-40	30-51

CENTRAL	W	L	PCT.	GB	HOME	ROAD
× St. Louis	83	78	.516	—	49-31	34-47
Houston	82	80	.506	1.5	44-37	38-43
Cincinnati	80	82	.494	3.5	42-39	38-43
Milwaukee	75	87	.463	8.5	48-33	27-54
Pittsburgh	67	95	.414	16.5	43-38	24-57
Chicago	66	96	.407	17.5	36-45	30-51

WEST	W	L	PCT.	GB	HOME	ROAD
× San Diego	88	74	.543	—	43-38	45-36
○ L.A. Dodgers	88	74	.543	—	49-32	39-42
San Fran.	76	85	.472	11.5	43-38	33-47
Arizona	76	86	.469	12	39-42	37-44
Colorado	76	86	.469	12	44-37	32-49

→ Final standings through Oct. 1's games. × Won division title. ○ Won wild card.

## TODAY'S TV LINEUP

### BASEBALL PLAYOFFS (1 P.M. ON ESPN)

October means baseball playoffs. The Athletics and the Twins kick off the postseason with an afternoon game. Barry Zito takes the mound for the A's against the Twins' Johan Santana.

**BASEBALL PLAYOFFS (4 P.M. ON ESPN)** The slumping Cardinals get to play at San Diego, which has won eight of its last 10.

**BASEBALL PLAYOFFS (8 P.M. ON FOX)** And the prime-time matchup features the Detroit Tigers playing at the Yankees.

**COLLEGE FOOTBALL (7:30 P.M. ON ESPN2)** Football fans can get a break from the baseball action and catch Southern Mississippi take on Tulsa.

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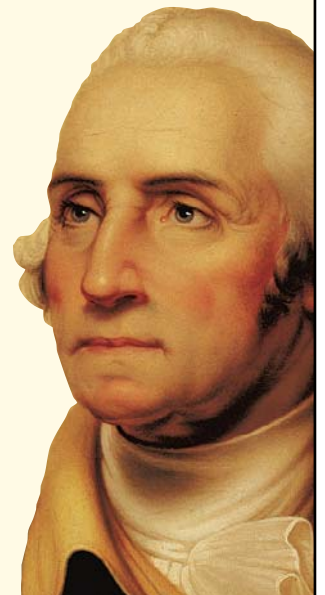
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## Sports

# No Excuses From Disappointing O's

**Lack of raw talent left Baltimore struggling all season in 2006**

**ORIOLES** | The Baltimore Orioles offered no excuses after stumbling to their ninth straight losing season.

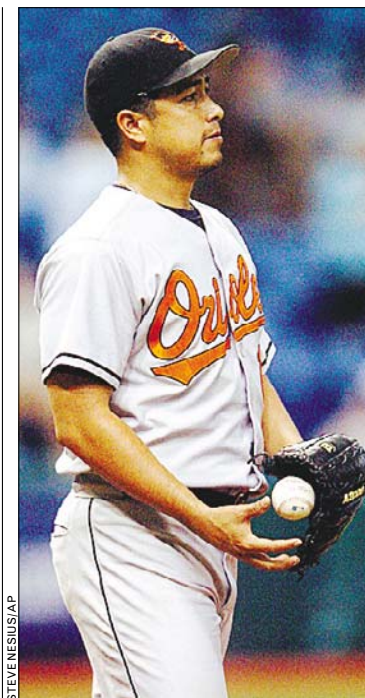
They didn't blame injuries. They didn't complain about playing in the unforgiving AL East. No one attributed the fourth-place finish to team chemistry, which was quite good compared to last season.

The main reason the Orioles lost 92 games was that they simply didn't have enough talent.

It's tough to make a run at a playoff spot, let alone a .500 record, when your opening-day starter (Rodrigo Lopez) finishes with 18 losses and another member of the rotation (Bruce Chen) goes the entire season without a single victory.

You can't compete against the New York Yankees when only two of your players hit more than 20 home runs and you've got a bullpen containing about a half-dozen guys who never before pitched above the Double-A level.

When the Orioles report to spring training in 2007, they can only hope there won't be any such issues to address. If all goes as planned, they'll be talking about a successful offseason by the front office, which intends to be aggressive in acquiring much-needed talent.



Rodrigo Lopez, the Orioles' opening-day starter, finished with 18 losses.

Last winter, the Orioles added Ramon Hernandez, Corey Patterson, Kris Benson, LaTroy Hawkins and Kevin Millar — all of whom contributed heavily in 2006. The next step is to fix the rest of the roster.

“When I came over last year, we had a lot more holes. We're optimistic we filled a couple of them, and now we have to be judicious and try to go find another player or two or three,” Vice President of Baseball Operations Jim Duquette said. DAVID GINSBURG (AP)

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**A NATURAL:** Playing in a charity golf event, Capitals wing Alex Ovechkin hit a hole-in-one on a 160-yard par-3. Ovechkin had practiced the hole for some time as groups came through.

## Sports

# Redskins Miffed Over Flag

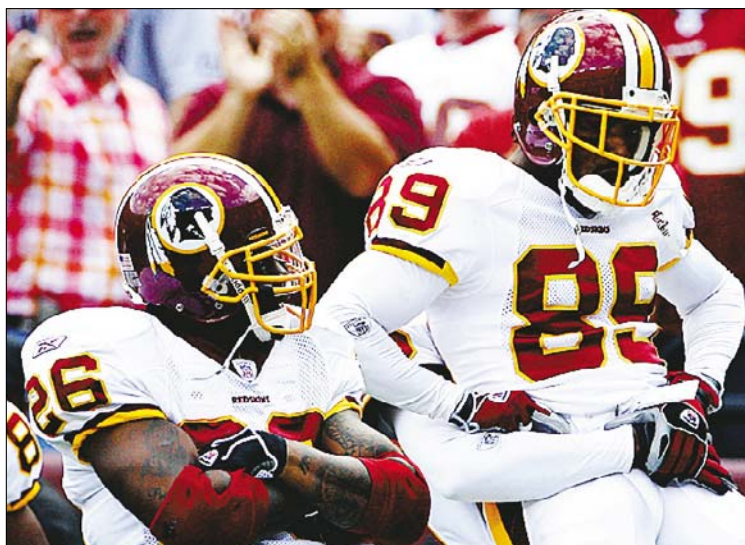
**Celebration penalty draws criticism from club after OT victory**

**REDSKINS** | The Washington Redskins are puzzled over a 15-yard penalty they received for a big bear hug.

The Redskins were flagged for an excessive celebration following Santana Moss' first-quarter touchdown in Sunday's 36-30 victory over the Jacksonville Jaguars. After Moss scored the touchdown, receiver Brandon Lloyd ran to Moss and gave him a big hug from behind, lifting his teammate off the ground.

"It was bull," Moss said. "There are plenty of guys who jump on the pile, and they don't get a flag for that. All Brandon Lloyd did was pick me up; that's like jumping on the pile. We didn't dance together. It's bull. We get a lot of those calls, so what the heck."

The NFL has cracked down on celebrations this year, eliminating anything choreographed involving



Santana Moss, right, is picked up by Brandon Lloyd after his first of three touchdown grabs in Sunday's overtime win. This celebration drew a 15-yard penalty.

two or more players, but Lloyd and Moss appeared to be guilty of nothing more than spontaneous glee.

"That goes on all the time," coach Joe Gibbs said.

Gibbs said he will seek an explanation from the league for the penalty, which was enforced on the fol-

lowing kickoff. The ball was kicked from 15, giving the Jaguars excellent field position for a drive that ended in a touchdown.

"We want to research that," Gibbs said, "because that really set them up for a touchdown."

JOSEPH WHITE (AP)

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HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

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This experimental vaccine does not cause HIV infection.

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AD BONE MARROW 11/05

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For a Malaria Vaccine study

**Purpose: To study the safety of an investigational vaccine to prevent malaria**

**You may be eligible to participate if you are:**

Between the ages of 18 and 50  
In good general health  
Have never had malaria or plan on upcoming travel to a foreign country with malaria  
Are available for study duration (up to 8 months)

**You will be provided:**

A no-cost health screening  
Compensation for your time and effort

**Location:**

Walter Reed Army Institute of Research  
Silver Spring, MD

### CONTACT

**301-319-9331**

or

**[malariastudy@amedd.army.mil](mailto:malariastudy@amedd.army.mil)**

## Patients With Gum Overgrowth

The National Institute of Dental and Craniofacial Research seeks patients taking medications that cause enlarged gums (diltatin, cyclosporine and calcium channel blockers).

All study participants will have an examination of their teeth and gum tissues. If you have a gum enlargement, we will offer to remove it for you using standard treatment.

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Get a little winded sometimes?  
Maybe it's early emphysema.

If you answered yes, and you are at least 35 years of age, you may qualify for a 27-week clinical research study of an investigational medication for emphysema. Study related medical evaluations, including diagnostic breathing tests, are provided at no cost available to qualified participants. We are metro accessible and have plenty of free parking. Compensation up to \$900 available to qualified participants. Interested?

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## ASTHMA?

If you have **needed prednisone** for asthma in the past year you may qualify for a 12 week research study of an investigational inhaled medication for moderate-severe asthma. Compensation offered to qualified participants.

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## Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

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Neurology

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Do you suffer from the urge to move your legs along with creeping, crawling, tingling sensations that tend to get worse towards evening? Do these symptoms tend to occur at least 3 times a week? Are you 18 years of older?

If so, you may qualify for the Rise and Shine clinical study researching a new investigational treatment for Restless Legs Syndrome (RLS).

There is no cost to you for participating and you will be compensated for your time and travel. Please call today. Instead of restless nights, you've got a chance to rise and shine.

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**DRIVER** \$—A courier co in MD is experiencing a huge growth of business and needs skilled couriers with good knowledge of DC Metro area & own Van/PU Truck. Call Del (M-F) 301-419-2626.

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## REQUIREMENTS:

- Good knowledge of food handling techniques and sanitation
- HS grad with 6 months of hospital food service experience or equivalent

## FOOD SERVICE WORKER

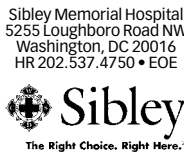
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Helps with patient meal tray preparation. Completes cleaning assignments in dish room and kitchen. Maintains high levels of sanitation.

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Call 240-417-0584 or 240-882-9418

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Please submit resumes to:  
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Supervisors Needed!

Camden Properties, a national, premier provider of luxury apartment homes has immediate opportunities available for Maintenance Service Supervisors at our properties in Laurel, MD and Fairfax, VA. Must have CFC/ HVAC Certification. 5 years residential maintenance experience, with a min. of 2 years in a supervisory role. We offer EXCELLENT compensation and benefits: 401 K, Medical/ Dental Insurance, etc. Camden Properties is an Equal Opportunity Employer.

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To apply for Laurel, MD, please email resume to [aspears@camdenliving.com](mailto:aspears@camdenliving.com) or fax to 301.483.8558 To apply for Fairfax, VA, please email to [jsmith1@camdenliving.com](mailto:jsmith1@camdenliving.com) or fax to 703.222.3184.

**Maintenance**—Rkville apt. complex. Major plumbing or HVAC or general repairs. Many positions. Ind. contractors welcome. 301-948-0087.

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[info@thegreenfws.com](mailto:info@thegreenfws.com)

**Medical Coding & Billing Specialist**

Career College is seeking a FT Medical Coding & Billing instructor with a minimum of 3 years of experience as a Medical Coding & Billing Specialist. No previous teaching is required. Call LeShawn 703-682-9363 or email [lrobwers@banner.edu](mailto:lrobwers@banner.edu).

**MEDICAL TECHNOLOGIST/  
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Busy walk-in clinic has PT positions available (days, evening, weekends) ASCP Certification pref'd. Please fax resumes 301-947-9513.

## MENTAL HEALTH

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FT, OMHC, LCSW-C or LCPC. Will be responsible for assessments & treatment of adults, adolescents & children. ASL proficient pref. Fax resume w/cover letter and sal. req'ts to S. Dawson 301-918-9758. EOE.

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700 12th Sy, NW Suite 700  
Wash. DC, 20005  
[dcopenacall@evolutionlook.com](mailto:dcopenacall@evolutionlook.com)

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**NANNY**—PT non-smoker. Driving required. Must speak English, experienced only. 3 year old, 12-6pm Mon-Fri, 5 days/week. Vienna, VA. Leave message, 240-676-1181.

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## ICU &amp; NICU Nurses Needed

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in Bethesda, MD

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301.270.9212

[charlene@omvmedical.com](mailto:charlene@omvmedical.com)

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Practitioner**

Busy Pediatric Practice in NW Wash, DC with 3 Peds seeking experienced Ped Nurse Prac (min 3 years) for 75-100 percent time. Shares call, no weekends, lactation experience a plus. Please Fax resume to L. Monroe 202-244-2192

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## RECEPTIONIST

Fast paced auto body shop needs Receptionist. Detail-oriented, self-sufficient, quick learner & dependable are traits we are looking for. Hrs: Mon-Fri 9am-6pm. Please inquire within: 3945 Wheeler Ave, Alexandria, VA 22304, ask for Lesley

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Hands-on Chef, American/Italian cuisine, No. VA. Call 703-999-4486.

## Restaurant



## Classifieds

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## Surgical Technologist

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## TEACHERS

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2BR Apt Available Immediately  
**All Utilities Included**  
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# LOOK out

\*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Bunny Business

### Las Vegas

#### 20 years later, Hugh Hefner tries again with the Playboy Club

It was late 1985 when Hugh Hefner walked into the grand opening of Playboy's Empire Club in Manhattan, the latest attempt by the magazine company to freshen its suave, sexy image.

A quarter-century of success in running such clubs was on the wane and a new gimmick was thought to be needed to attract a new audience of women — male bunnies. "I thought, 'This is the end of it,'" Hefner recalls. "And, indeed, within a year or so, it was."

Now, two decades after rising feminism and a fading nightclub scene helped close the last U.S.

Playboy Club in Lansing, Mich., in 1988, a new Playboy Club is set to open Oct. 6 in Las Vegas, just as fresh and retro-hip as a pair of bell-bottom jeans.

"Things that become old-fashioned in a certain time frame, in a new time frame take on a whole new kind of mystique," said Hefner. "That is exactly what happened to all things Playboy."

The original clubs, staffed by bustiered Bunnies and spurred by the sexual revolution, spanned the globe in their heyday in the 1960s and '70s, from Chicago and New York to Manila, London, Tokyo and the Bahamas. At their height, 22 clubs were in operation.

But they ran into feminism on one side and easily accessible explicit adult content on the other.

The Margaret Thatcher government challenged and then revoked the club's casino license in Britain in 1981. It forced the closure of the

INSIDE

Avril Lavigne says she's sorry for spitting at the paparazzi | 38

**Styles:** Paris shows embrace nude tones | 35

**Blog Bits:** Big changes at Union Station | 36



**GRAND OPENING:** Lindsey Roeper will be a card dealer at the new Playboy Club, which is set to open Oct. 6 in Las Vegas.

**"I think they've always been ahead of their time advocating what later becomes ... the 'metrosexual identity.'"**

UNIVERSITY OF LOUISVILLE ASSOCIATE PROFESSOR JAMES BEGGAN.

London club, once the company's most profitable operation, and led to the inability of Playboy to obtain a gambling license for a hotel-casino in Atlantic City shortly after.

Today, Hefner's original idea of providing a roadmap to urban life by urging men to appreciate food, music, high ideas — and beautiful women — has taken on a new cachet.

"If you look at the magazine even in the early days, there were

features on decorating your apartment, cooking, buying nice clothes, buying wine," said James Beggan, associate professor of sociology at the University of Louisville. "I think that they've always been ahead of their time in advocating what later becomes known as the 'metrosexual identity.'"

"Society has caught up with Playboy's view," he said.

The new club, on the top three

floors of the Palms hotel-casino, pays homage to the past while introducing its swinging bachelor lifestyle to a new generation. Lounge seating is back, as are the famous Bunny outfits, complete with ears, bow tie and cuff links, designed by Roberto Cavalli.

"Ninety-five percent of the people who are going to end up spending all the money here have never been to a Playboy Club," said George Maloof Jr., who runs the \$915 million resort. "So it's not even like your dad; maybe it's your grandfather [who] went. We wanted to create something that did remind people of the Playboy Club, but had a fresh new look." RYAN NAKASHIMA (AP)

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# A Wild Goose Case

## Food

### High-end supplier of delicacies fears ban of foie gras in N.J.

Some of the choicest delicacies found in American restaurants sit amid 40,000 square feet of refrigerated space near downtown Newark.

Crates of wild mushrooms — shiitake, morel and porcini — will leave the warehouse of D'Artagnan, a supplier and distributor of high-end food products, to end up in many of the country's top kitchens and retail stores.

The company's vast warehouse, kept at 32 degrees, stores quail from Griggstown, N.J.; free-range organic chicken from Mennonite farmers in Bucks County, Pa.; and Berkshire pork from the Ozark Mountains. Other shelves are stacked with packages of duck confit, truffle butter and terrines of foie gras, the controversial fowl liver prod-

**New Jersey** will look like the willfully ignorant rube who denied New York ... foie gras."

**ANTHONY BOURDAIN**  
CELEBRITY CHEF

uct that accounted for 30 percent of D'Artagnan's annual \$45 million in sales last year.

"My job is to feed people the best products possible," said Ariane Daguin, the company's co-founder and chief executive officer.

D'Artagnan, founded in 1985, was poised to continue growing — sales were up 12 percent from the last year — and Daguin had predicted a 15 percent stride in sales this year. But the business is now threatened with a proposed state bill, to be introduced this week, that would prohibit the sale and distribution in the state of foie gras, the fattened fowl livers.



Ariane Daguin, owner of D'Artagnan, says serving foie gras isn't a faux pas.

The bill could be the worst news for D'Artagnan since a listeria scare in 1999 forced a voluntary recall of thousands of pounds of pat-like mousse. Daguin worries the squawking over foie gras could put her and

120 employees out of business.

French for "fat liver," foie gras is a pat-like spread made by force-feeding geese and ducks to expand their livers up to 10 times their normal size.

The controversial delicacy, served in high-end restaurants, has been the subject of legislation from New York to California and its production, not sale, is already banned in a dozen countries, mostly in Europe.

A New Jersey law proposed last month would "prohibit the force-feeding of ducks, geese and other poultry for the production of foie gras."

Assemblyman Michael Panter, D-Monmouth, plans to introduce a second bill this week to ban the distribution and sale of foie gras, since it is not produced in New Jersey.

"I'm not naive to the effects it will have on business," said Panter, a vegetarian. "I think that the practices in place to produce foie gras are inhumane by any standard."

D'Artagnan plans to fight the proposal, delving into extensive contacts in the food industry.

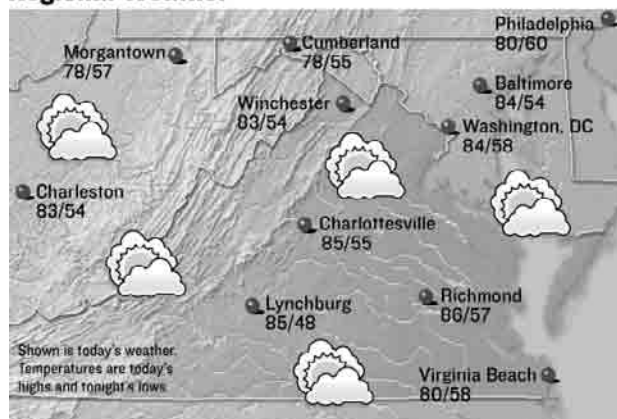
Anthony Bourdain, a celebrity chef and author, said chefs would be devastated at the prospect of losing D'Artagnan and Daguin as a supplier.

"The thought of having to do without that company and much less her is absolutely unimaginable," he said. "New Jersey will look like the willfully ignorant rube who denied New York not just foie gras, but the morels, the baby asparagus, all of these things that are absolutely fundamental." JANET FRANKSTON (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
84°	58°	86° / 62°	66° / 52°	65° / 50°	67° / 54°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	75°
Low	51°
Normal high	73°
Normal low	55°
Average humidity	56%

#### Precipitation

24 hours ending 4 p.m.	Trace
Month to date	0.20"
Normal month to date	0.24"
Year to date	36.19"
Last year to date	29.71"
Normal year to date	30.29"

For up-to-the-minute weather, see:  
[washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

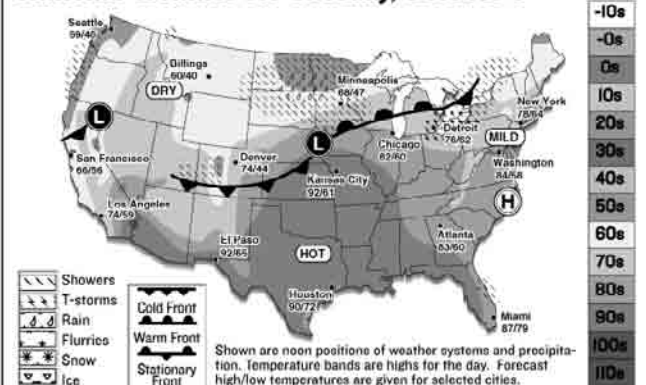
**D.C. Metro:** Today, morning fog, mostly sunny, very warm. High 84. Wind southwest 6-12 mph. Tonight, mostly clear. Low 58. Wind south-southwest 4-8 mph.

### Sun and Moon

Sunrise today	7:06 a.m.
Sunset tonight	6:48 p.m.
Moonrise today	5:03 p.m.
Moonset today	2:31 a.m.



### National Weather for Tuesday, October 3



### National Cities

City	Today	Wed.
Atlanta	83/60/s	84/63/s
Boston	72/60/pc	78/57/pc
Chicago	82/60/t	66/44/sh
Dallas	92/74/pc	91/71/s
Denver	74/44/t	66/45/pc
Honolulu	87/75/s	86/74/pc
Los Angeles	74/59/s	71/59/pc
Miami	87/79/pc	88/78/pc
New York City	78/64/pc	81/56/pc
Orlando	88/70/s	88/70/pc
Seattle	59/46/c	64/48/pc

### World Cities

City	Today	Wed.
Amsterdam	64/56/c	64/54/pc
Athens	80/64/s	79/64/s
Berlin	64/52/r	66/46/c
Buenos Aires	64/55/r	66/50/r
Calgary	48/38/c	50/35/c
Dublin	59/43/pc	59/46/sh
Geneva	64/48/r	61/45/r
Moscow	58/50/r	54/51/c
Rome	78/64/pc	79/64/c
Sydney	72/55/s	71/59/s
Tokyo	72/64/sh	72/66/r

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sn=snow, i=ice.

# Styles | LOOK\* out



Martin Margiela, while not widely known in general, is a favorite of couture addicts. His spring/summer 2007 line includes flesh-colored tops and an embracing of the inverted triangle: big shoulders sloping to a small bottom.



Christophe Decarnin, designing for Balmain, used localized yet extravagant ornamentation in his line.

## French Kiss

Paris runway starts off with a little flair and a lot of nudity

**THE PARIS READY-TO-WEAR SHOWS** kicked off on Sunday with the French fashion industry's leading official saying he did not believe organizers should ban the use of models considered underweight.

Didier Grumbach, head of the Chambre Syndicale — the body that governs French fashion — said that he did not plan to follow in the footsteps of Spanish authorities in setting guidelines for the minimum weight of models who appear on the catwalks.

"I think it's a non-issue. You don't solve public health problems by regulating the size of models," he told the Associated Press on Sunday. "You know, fashion is only the reflection of what is happening in society. It is not the cause."

French designer Christophe Decarnin was certainly not in the mood to buck the prevailing appetite for super-skinny models.

His spring/summer collection for Balmain focused on minidresses that reflected this season's revival of body-conscious dressing, as epit-

omized by Azzedine Alaïa and Gianni Versace in the 1980s.

Though only in his second season at the house, Decarnin made a splash by dressing French actress Audrey Tautou and American director Sofia Coppola at the Cannes film festival last May. The young Hollywood set should snap up his latest skimpy creations.

Australian model Gemma Ward, whose "alien" look has been a major fashion influence in the last two years, paraded in a thigh-skimming strapless dress in pleated olive chiffon that was fit for a modern-day Athena.

Grecian influences abounded, from the sunray pleating of a white chiffon dress to the multi-strap leather platform sandals.

Military influences came in the shape of cropped khaki cargo pants and distressed T-shirts riddled with little holes — much like the one front-row guest Lenny Kravitz was wearing.

"I think Paris is an incredibly inspiring city,

so that's why I'm spending a lot of time here," said the rocker, who was taking in the show with his daughter, Zoe.

For many fashion editors, too, Paris is the highlight of the monthlong ready-to-wear collections, which have already steamed through New York, London and Milan.

The French capital is unique in allowing commercial juggernauts like Christian Dior and Chanel to coexist with conceptual designers such as Martin Margiela and Yohji Yamamoto.

Margiela is a critics' favorite despite refusing all media interviews. He stripped down the 1980s power woman to her undergarments, sending out his cast of nonprofessional models in flesh-colored body stockings with bulky shoulderpads.

These "nude" tops, some featuring black applique circles over the breasts, were worn with tailored trouser suits with one leg scissored off. The sailor-striped jersey was fashioned into capelets and matching skirts.

Both ideas have been explored previously by Jean Paul Gaultier, with considerably more panache, but there is something admirable about Margiela's uncompromising vision of female strength. JOELLE DIDERICH (AP)

### Coffee



### Cups Runneth Over

Our caffeine-addicted offices put seven new flavors from the new **FOLGERS GOURMET SELECTIONS** (\$6) to the test. A theme emerged: The stronger the roast, the better the coffee. Dark horses Lively Colombian and Espresso Roast pleased two major coffee snobs, while the lighter Morning Cafe was panned. Caramel Drizzle was tasty, if a big light, and Chocolate Truffle got kudos for its "rich, earthy" cocoa flavor. KRISTEN PAGE-KIRBY (EXPRESS)

### Beauty



### So Clean It's Scary

Two Calvins are important in the world: The boy with the tiger, and Calvin Klein. The latter has come out with a limited-edition perfume called **CK ONE ELECTRIC** (\$50, department stores), a unisex fragrance that is scary-green in the bottle. Once sprayed, at first it's a pleasant, tingly scent that calls to mind margaritas and Pledge furniture polish. After a bit, though, the clean scent turns antiseptic and smells vaguely of hospitals and urinal cakes. K.P.K.

PARIS  
Runway  
REPORT





from readexpress.com

## A Giant Station Development

**REAL ESTATE** | Developer Akridge has reached a deal with the federal government to secure the air rights above the Union Station rail yards for the construction of the massive Burnham Place, which will include 3 million square feet of offices, restaurants, shops, condos, apartments and a hotel, The Post reported on Monday. While completion is years away, you can expect the trip on Amtrak into Union Station to feel a little more like New York's underground Penn Station once the project decks cover the rail yard.

One good improvement that will come: the currently cramped passenger rail concourse (behind the shopping concourse) will be reworked into a larger intermodal transit

center, and as a result will better link Union Station and H Street Northeast. **MICHAEL GRASS (EXPRESS)**

### Investigating Foley

**POLL CENTER** | Reacting to Monday's Poll Center question about whether a criminal probe is warranted to investigate ex-Rep. Mark Foley's alleged sexually explicit communications with an underage former House page, one commenter had this to say: "There must be some mistake. Some of the people on here are either: 1) pressing 'No' on accident, or 2) pressing 'No' as a joke to make people angry. Seriously. What reason would anyone vote anything other than 'Yes'?" More than three-fourths of respondents said the



**COMMUTER FLOW:** Will SmarTrip-only fare gates speed up your commute?

Justice Department should investigate the potential criminality of the messages from the ex-congressman, who resigned on Friday. Over the weekend, the FBI announced that it would investigate. **M.G.**

### Metro Improvement

**SMARTRIP** | On Monday, Metro unveiled its new SmarTrip-only fare

gates as a pilot program at certain stations in the system. The aim is to help speed commuters through station fare gates without having to wait for farecard-holders.

Although the time savings might be tiny for individual users, it is likely to improve the flow in and out of stations during rush hour.

It'll also certainly make commuters happy — that is, until a confused tourist tries in vain to get through with a regular farecard. The stations that have the SmarTrip-only faregates are Anacostia, Bethesda, New Carrollton, Pentagon City and Vienna. Have you used the new fare gates? Have they sped up your pace in and out of stations? E-mail us at **COMMENTS@READEXPRESS.COM** M.G.

### → Coming Up Today

Adrian Fenty's addicted. You might be, too. But could your BlackBerry habit get you, or your employer, involved in mega legal trouble?

## ? Poll Center

TODAY'S QUESTION

Will the Foley scandal hurt GOP candidates next month?

1. Yes
2. No

YESTERDAY'S RESULTS

Should there be a criminal probe into the Foley case?

**YES NO**

78%

22%

As of 5:30 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"Important decisions that affect the lives of U.S. troops and Iraqi civilians are once again being held hostage by the political calendar."

**ANONYMOUSLIBERAL.COM**, REACTS TO BOB WOODWARD'S "STATE OF DENIAL" AND IS NOT CONFIDENT THAT THE BUSH ADMINISTRATION CAN MAKE THE RIGHT DECISIONS ABOUT WHAT NEEDS TO BE DONE IN IRAQ.

### Confessing Your Sins

"In honor of Yom Kippur, I shall confess a few of my sins. While the Jews repent for their wrongdoings, Catholics merely blurt them out figuring that is good enough; lapsed Catholics simply eschew atonement and the hardcore apostates use the whole process for blogging material."

**HIPSTERDORK.BLOGSPOT.COM**

### Dr. McSteamy's Return

"Just when you thought 'Grey's Anatomy' couldn't get any better, we get some fabulous news to kick off your [week]. Dr. McSteamy ... who Addison cheated on Derek with, is joining the cast. ... We couldn't be more thrilled."

**POPSUGAR.COM** IS MORE THAN PLEASED THAT ERIC DANE WILL JOIN THE CAST OF THE POPULAR ABC DRAMA.



### Old Dominion Silliness

"It's not an exaggeration to say that the Senate race between George Allen and James Webb has become one of the dirtiest in recent memory ... it looks like it's having an impact on the image of Virginia as a whole. And we have nobody to thank for this but the candidates, their advisers, and, of course, the press."

**BELOWTHEBELTWAY.COM** GIVES AN ASSESSMENT OF THE VICIOUS U.S. SENATE RACE IN VIRGINIA, WHICH REMAINS TIGHT.



"... [I]t's really a shame that the idiots on the [Metro board] didn't snatch him up immediately."

A **DC.METBLOGS.COM** COMMENTER ON DAN TANGHERLINI, METRO'S INTERIM GENERAL MANAGER, WHO PLANS TO DEPART THE AGENCY TO BE THE DISTRICT'S CITY ADMINISTRATOR.

## Live Online

### 'Designed to Sell'

Design expert **MONICA PEDERSEN**, host of HGTV's "Designed to Sell," was online Monday at [washingtonpost.com](http://washingtonpost.com) to share tips on increasing your home's "curb appeal."

**I have noticed some houses have many different neutral painted rooms. Is it safer to paint the interior of a house one neutral color or is it better to paint bedrooms different neutral colors, and other living spaces different neutral colors to break up the spaces, or is it better to have the inside of the house mostly one neutral color?**

Generally, when there is a more open floor plan, for example, a great room/kitchen, we will choose one color and carry it throughout the space. This helps to create a relationship between the rooms. When choosing bedroom colors, we will typically choose a color that contrasts slightly. Overall, we want the color scheme of the entire house to flow so that buyers aren't distracted by too many different colors.

**When a friend of mine was selling his home, his Realtor told him to light a few candles before leaving for the showing. I couldn't believe it! When I sold real estate (several years ago, now) that was a big no-no. Have things changed that much?** As long as the Realtor was staying inside the room where the candles are lit, it's OK. Normally, I tell people not to go overboard on candles. Sometimes the smells can be overwhelming and often suggest that you are trying to cover up a smell. Maybe a few in a dining room for some ambience, but that's about it.

**I recently decided to sell my house and will need to do some gardening in the front yard and backyard. I was thinking of mums and using mulch to give the yard a "fresh" look. Any other suggestions in making the exterior look inviting to potential buyers?**

Keep the mums to a minimum, maybe in some pots or urns near the front door. Although they do look great and fresh, I would rather you spend your money on a new layer of mulch (definitely a dark brown mulch; it looks so rich in contrast to the grass).



**NETFLIX'S WORK FOR THEM.** You tell Netflix your favorite movies are "The Shawshank Redemption," "Igby Goes Down" and " Fargo," and it tells you to rent "Blankman." Sound familiar? Well, if you can figure out a better way for Netflix to make recommendations, they'll give you a million bucks ([netflixprize.com](http://netflixprize.com)).



**TODAY ON LIVE ONLINE:** Dan Tangherlini discusses his departure from Metro and his jump into District politics at 2 p.m. | [washingtonpost.com/liveonline](http://washingtonpost.com/liveonline)





# LOOK out

## People



"If you're arrested and you know it clap your hands!" sang George Michael.

### ADDICTIONS

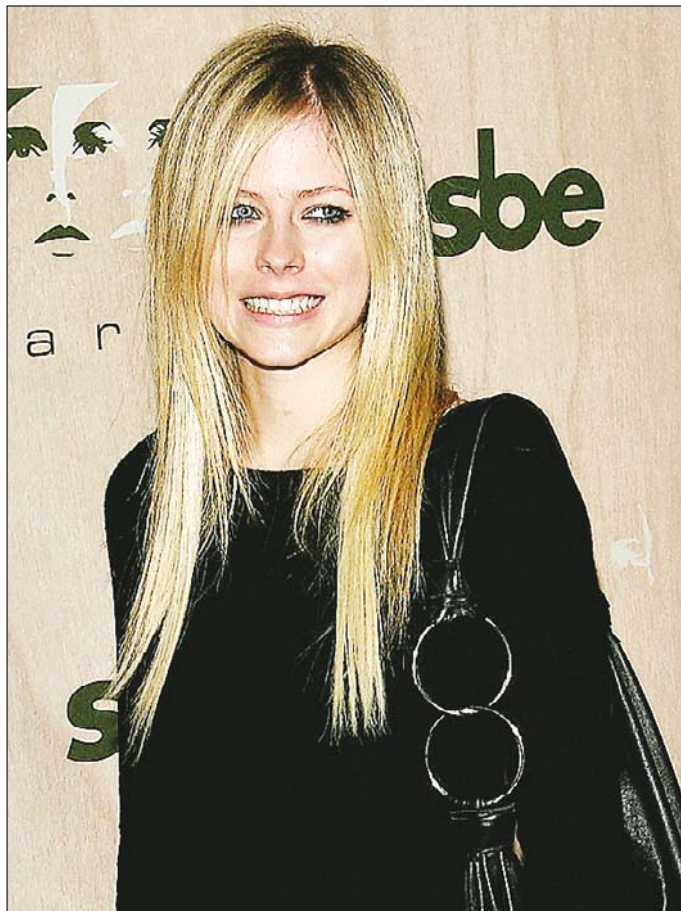
#### Getting Arrested in Your Car: A Tough Habit to Break

**GEORGE MICHAEL** was arrested on suspicion of possessing marijuana after police found him slumped over the steering wheel of his car in London, authorities said Monday. He received a caution for possession of cannabis and was released on bail on a charge of being unfit to drive. He was arrested in February under similar circumstances. (AP)

### NOT SUCCINCT

#### Singer Rambles on and on About Personal Milestone

**ERIC CLAPTON** is playing "Cocaine" in concert again. The recovering addict and alcoholic had stopped performing it: "I thought it might be giving the wrong message." But "it's one of those songs that you can take it any way you like," he said. "It very clearly says ... 'If you wanna get down, down on the ground,' I mean, that's, I think, the focal point of the song. ... You know, there's a price." (AP)



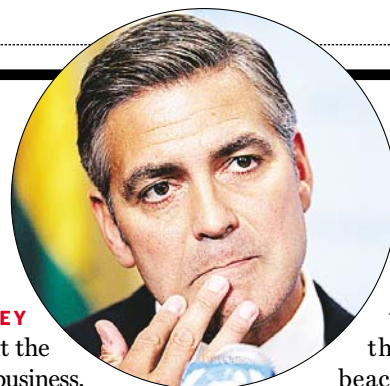
### OVERREACTIONS

## Spitty Spitty Bang Bang

**AVRIL LAVIGNE** issued a statement apologizing after she and her husband, Deryck Whibley of Sum 41, reportedly spat at photographers in two separate incidents last week. In the apology, posted on her Web site, she indicated she "meant no offense" to her fans and that her behavior was "a reaction to the persistent attack from the paparazzi." "It's trying at best dealing with their insistent intrusions," she said. (AP)

### FAKERS Clooney Discovers What Tom Cruise Knew All Along

**GEORGE CLOONEY** has a plan to put the paparazzi out of business. "Here is my theory on debunking photographs in magazines," Clooney says in November's *Vanity Fair*. "I want to spend every single night for three months going out with a different famous actress. You know, Halle



"Must ... not ... taste ... fingers. Mmm, fingers ..."

Berry one night, Salma Hayek the next, and then walk on the beach holding hands with Leonardo DiCaprio. People would still buy the magazines, they'd still buy the pictures, but they would always go, 'I don't know if these guys were putting us on or not.'" (AP)

### JUSTICE

#### A Slave to Audio, Yes. To the Man, However, No.

Audioslave guitarist **TOM MORELLO** was arrested during a protest for hotel worker rights last week in Los Angeles. According to his social activism Web site, Axis of Justice, he was one of about 400 protest-



ers arrested during a march. He was charged with unlawful assembly for refusing to move from the main entry road into Los Angeles International Airport. (AP)

### ATTENTION

#### Clay Aiken Fans Furious At Oklahoma's Oversight

"American Idol" **CARRIE UNDERWOOD** is the latest celebrity to appear on a poster for the Oklahoma Library Association's "Read Y'all" literacy campaign. Posters featuring the country singer will be distributed free to every academic, public, school and special library in the state, said Buffy Edwards, poster coordinator. Other Oklahomans to appear on the posters include Toby Keith, actress and singer Kristin Chenoweth, actor James Garner, author Dana Dunbar and New Orleans Hornets star Desmond Mason. (AP)



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# LOOK out

## Slowpoke

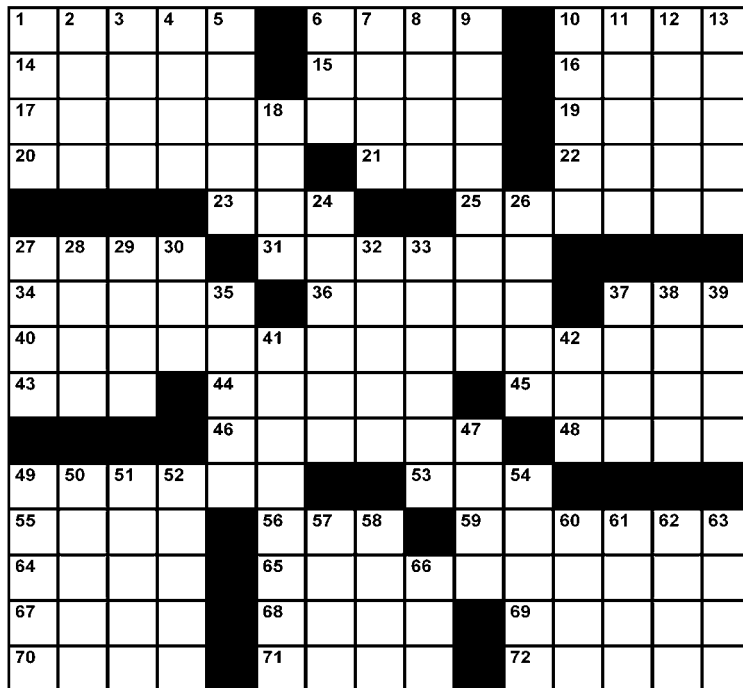
### ACROSS

1 Skate's kin  
6 Political campaigns, e.g.  
10 Start of "Cymbeline," e.g.  
14 Commencement  
15 "\_\_\_ was in the beginning ..."  
16 Kind of salmon  
17 Shout to an impatient crowd  
19 Country singer Axton  
20 1990 Stallone flick  
21 Mermaid's home  
22 Bombeck of humor  
23 General address  
25 Feels nostalgia for  
27 They have big mouths  
31 Lines of a poem  
34 Eclectic mixes  
36 Mrs. Rob Petrie  
37 Dangerous snake  
40 Warning to a speeder  
43 About 22 degrees  
44 Prominent  
45 "The Tempest" character  
46 Two shakes equivalent  
48 Poker buy-in  
49 Shocking weapons  
53 Was on the bottom?  
55 Length X width  
56 TV Guide abbreviation  
59 Many are buried

at Westminster Abbey  
64 Nails down just right  
65 Advice to the overzealous  
67 Thing passed on by ancestors  
68 Communion, e.g.  
69 Morning waker-upper  
70 Hullabaloo  
71 Spider-Man creator Lee  
72 Some brake parts

### DOWN

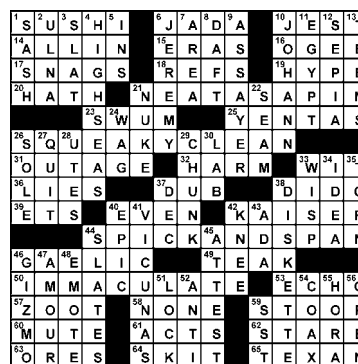
1 Othello, e.g.  
2 \_\_\_ Domini (A.D.)  
3 One sixty-billionth of a min.  
4 Shipbuilder's stock  
5 Firm workers, briefly  
6 Cave occupant  
7 Daughter of Geb  
8 Cost of a call, once  
9 Soft-shell clams  
10 Causes for complaint  
11 Beer from the Rockies  
12 Mint family member  
13 Small amounts  
18 Tel \_\_\_  
24 Have a connection  
26 Johnny Cash's "\_\_\_ Man"  
27 Book of the Bible  
28 Comic King  
29 Show respect,



in a way  
30 Barfly  
32 Gathers the leaves  
33 Napped materials  
35 Spanish title of respect  
37 Speller's phrase  
38 Manuscript marking, perhaps  
39 Brazil-born soccer legend  
41 Scream elicitors  
42 Palindromic constellation  
47 Deck unit  
49 Coniferous

evergreen forest  
50 Like meteor paths  
51 "\_\_\_ evil, hear ..."  
52 Assuages  
54 Hand-operated implements  
57 Tackle-shop item  
58 Celluloid terrier  
60 "She Loves You" word  
61 Regarding  
62 Low-fat label word  
63 Jeanne d'Arc, et al.  
66 Japanese capital

### Yesterday's Solution



## Su|do|ku

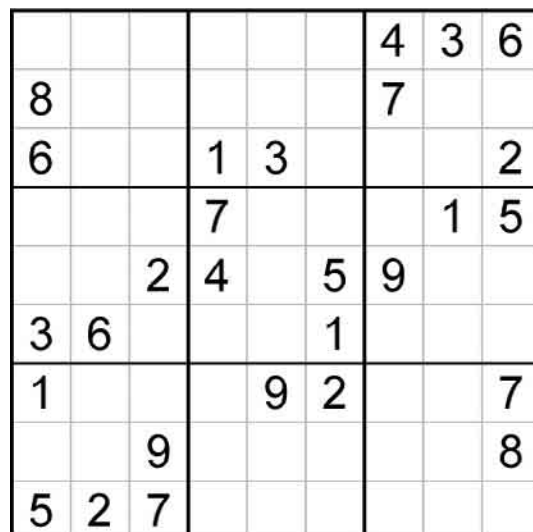
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see [www.sudoku.com](http://www.sudoku.com)

### Yesterday's Solution



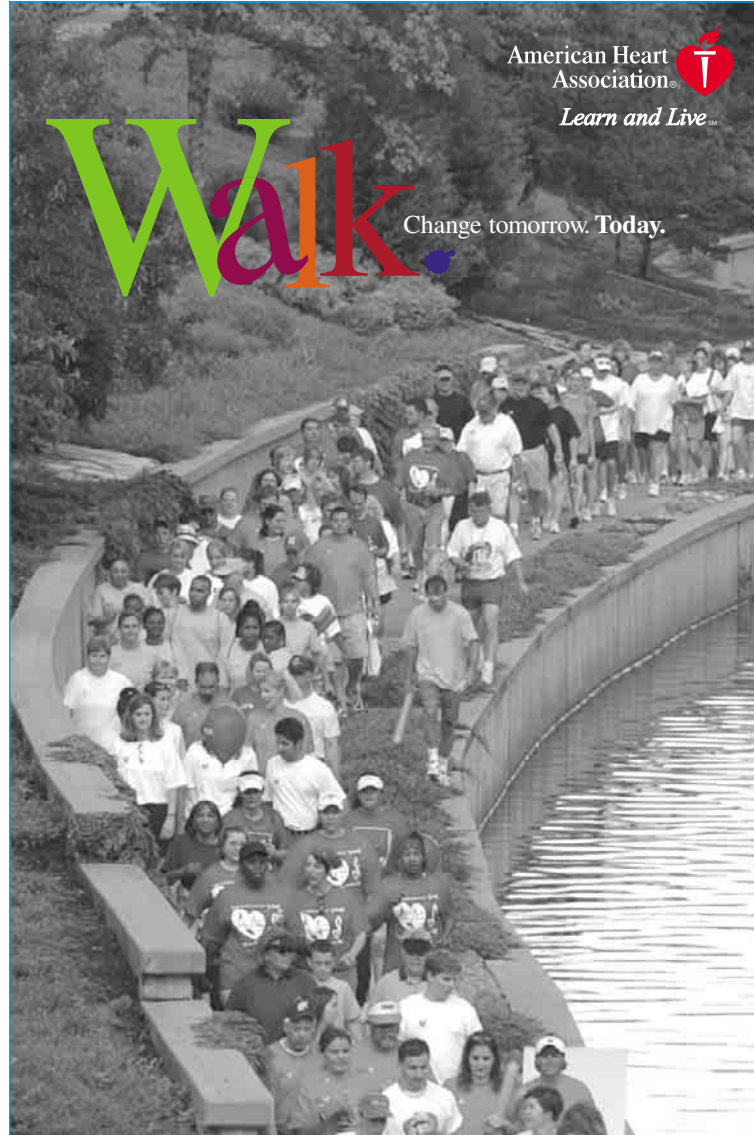
**Need more Su|do|ku?**  
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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	TIME	ARTIST	LOCATION
WEDNESDAY OCTOBER 4	7:30PM	Paquito D'Rivera & Special Guest Roy Hargrove present "Viva Las Americas" Presented with the IDB Cultural Center	Inter-American Development Bank Cultural Center
	8:00/10:00PM	Mike Stern Trio	Blues Alley
	9:00/11:00PM	Thad Wilson Quartet	Bohemian Caverns
	9:00/11:00PM	Ted Baker Quartet	Cafe' Nema
	9:00/11:00PM	Allyn Johnson & Larry Willis	Twins
THURSDAY OCTOBER 5	10:30AM	Na'Rimbo Mariachi Band (Mexico) / Student Concert	Inter-American Development Bank Cultural Center
	11:00AM	Dr. Billy Taylor/ Jazz Alliance Int'l presents An NEA Jazz Master Residency	Howard University
	1:30PM	Victor Masondo (South Africa) / Student Concert	Lincoln Theatre
	6:00PM	U.S. Army Jazz Ambassadors	Kennedy Center * Millennium Stage
	8:00PM	Randy Weston, Victor Masondo & Lalela, Special Guest: Roy Hargrove Duke Ellington Homage — An African Ellington Tribute	Lincoln Theatre
	8:00PM	Luciana Souza Quartet	Library of Congress
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	8:00/10:30PM	Dick Morgan Quartet	Willard-Intercontinental Hotel * Cafe' 1401
	9:00/11:00PM	International Jazz Showcase: Edmar Castaneda (Colombia)	Busboys & Poets
	9:00/11:00PM	Steve Williams Quintet	Bohemian Caverns
	9:00/11:00PM	Organismo	Twins
FRIDAY OCTOBER 6	9:00/11:00PM	Young Lions	Cafe' Nema
	11:00AM	Randy Weston, Jazz Alliance Int'l presents an NEA Jazz Masters Residency	University of The District of Columbia
	12:00 Noon	Meet the Artist: Thembi Mtshali-Jones South African Playwright/Actress/ Vocalist	National Museum of Women in the Arts
	6:00PM	Afrobop Alliance, Special Guest Antonio Hart	Smithsonian Jazz Cafe
	7:30PM	Geri Allen Trio, featuring Ron Carter & Jimmy Cobb	Kennedy Center * Terrace Theater
	8:00PM	Roy Haynes Quartet, Paquito D'Rivera & The United Nation Orchestra, Co-presentation with WPAS	Lincoln Theatre: NEA Jazz Masters Concert
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	9:00/11:00PM	Frederic Yonnet	Busboys & Poets
	9:00/11:00PM	Jason Marshall Quartet	Twins
	9:00/11:00PM	International Jazz Showcase: Eugenio Toussaint Trio (Mexico)	Bohemian Caverns
	9:00/11:00PM	International Jazz Showcase: Thembi Mtshali-Jones (South Africa)	Cafe' Nema
SATURDAY OCTOBER 7	12:00 Noon	Roy Hargrove Quintet, Poncho Sanchez, Dr. John, Stephanie Jordan, John Scofield (plays the music of Ray Charles), Special Guest Mavis Staples, Nasar Abadey & SUPERNOVA	Jazz on The National Mall, Sylvan Amphitheatre
	7:30/9:30PM	Janis Siegel "A Thousand Beautiful Things"	Kennedy Center * KC Jazz Club
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	9:00/11:00PM	DC Bass Choir: Michael Bowie, Herman Burney, Jr & James King	Busboys & Poets
	9:00/11:00PM	International Jazz Showcase: Eli Degibri Quartet (Israel)	Bohemian Caverns
	9:00/11:00PM	Jason Marshall Quartet	Twins
	9:00/11:00PM	International Jazz Showcase: Diego Urcola Quintet (Argentina)	Cafe' Nema
	9:00/11:00PM	International Jazz Showcase: Diego Urcola Quintet (Argentina)	Cafe' Nema
SUNDAY OCTOBER 8	12:00 Noon	Paquito D'Rivera Presents: Michael Philip Mossman & Soul de Corona, Featuring Antonio Hart	National Gallery of Art Sculpture Garden
	12:00 Noon	Jazz Brunch: Chris McSwain Trio	JW Marriott Hotel
	2:00PM	Family Concert: Duke Ellington's Nutcracker Suite & Other Favorites	Lincoln Theatre
	7:30PM	A Night at the Cotton Club: The New Washingtonians Featuring Esther Williams & Conducted by Davey Yarborough Special Guests: Avery Brooks, Paquito D'Rivera, & Roy Hargrove	Willard-Intercontinental Hotel * Ballroom
	8:00/10:00PM	Wallace Roney Sextet	Blues Alley
	8:30/10:30PM	International Jazz Showcase: Gino Sitson & Vocal Deliria (Cameroon)	Busboys & Poets
	9:00/11:00PM	Will Smith & The W.E.S. Group	Twins
	9:00/11:00PM	Will Smith & The W.E.S. Group	Twins

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# fit

NUTRITION

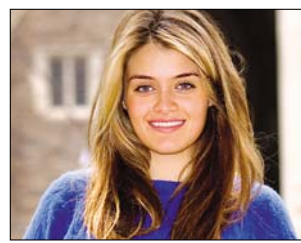
## Better Burger



Beef up on the kind of cow meat that's lower in fat and cholesterol than chicken | **E5**

NUTRITION

## Lose Weight 101



Daphne Oz eats at Boeeymonger and dishes on tips from her "Dorm Room Diet" | **E5**

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## SLEEP TALKING

How to decode the symbols in your dreams | **E7**

## OUT OF BOUNDS

Drag your mat (and your bod) outside for 'Yoga on the Mall' | **E4**



# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Change? Maybe — But You May Not Like It

**Q** When it all comes down to it, people don't really change, do they? I'm thinking my current boyfriend's obnoxiousness at parties is just never going to go away.

—ADMITTEDLY ANNOYED

People can sometimes change if they really, truly want to. Which sounds simple, but is actually not — they need to know that there's something to change, figure out how to actually do it, and truly believe they're better off in doing so, in order to keep themselves from giving up.

And when it comes to personalities and relationships, the complications deepen; it's hard to change just one aspect of oneself without risking some side effects. Maybe his maddening urge to give noogie-greetings at get-togethers is intrinsically connected to his sense of humor, spontaneity or sociability. And personalities aren't a la carte. So be prepared: If you want him to stop dangling from chandeliers in



ERIC REECE

public, you might also have to give up the late-night ticklepalooza that made you fall for him.

**Q** I got engaged a few months ago. I know I'm supposed to be happy, but since the engage-

ment, I've felt depressed, overly exhausted and angry. The wedding plans are going smoothly. But I dread the wedding itself. I wanted an intimate event, but instead I settled for a 200-person shindig. My future in-laws are all about making me a part of their family, which

is great, but so overwhelming. I've lost my sex drive completely, yet I keep having dreams about another man. Sometimes I have no idea who the other man is and other times I see him vividly — and he's a good friend. I love my fiancé, but I'm wondering if the depression, dreams, panic and everything else are signs that my love isn't what it used to be. —SAD BRIDE-TO-BE

First, back away from the buttercream versus fondant discussion.

It's not clear why you agreed to a ballroom-busting hootenanny when you preferred an intimate exchange of vows. And it's also not clear how much you were truly hoping to get engaged in the first place. In fact, I'm combing your letter for a hint of juice about your actual feelings for your man, and I'm coming up rather dry.

Where are you in all this? Methinks it's time to take a step back. Does this mean you shouldn't end up with your fiancé? Not necessarily. But it's easy to understand how you're feeling awful — your real self has gotten lost in this, and you're getting steamrolled into planning an oversized spectacle that all but obscures any real meaning for you.

And that real meaning? You need to find it, bad. A bride who "dreads" her wedding needs to figure out exactly what part is abhorrent to her — the tooth-whitening, the mandatory manicures or the

**It's not clear why you agreed to a ballroom-busting hootenanny.**

tiny little "committing myself to this particular person until death" part. Take a break from tasting those carrot-curl roses and find a counselor. With your confusion, panic, anger and sadness, you have so much to gain by seeing someone. Sometimes my job as therapist-in-the-paper is to point out when people could use a therapist-in-the-flesh, and in your case, I think one could help tremendously in sorting this out.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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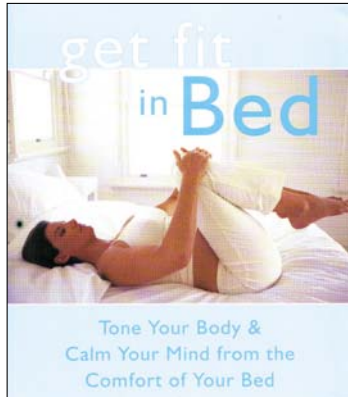
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## Vive la Stomach!

**YOGURT ALWAYS BRAGS** about how it has all of those active cultures of bacteria that regulate your digestive track. But what if you don't have a refrigerator? Pick up Kashi's Vive cereal, the first shelf-stable product with probiotics. Each serving contains a billion probiotics, which is apparently standard in dietary supplements. And there's broccoli extract for your liver, too. As for taste, we were fans of the graham twigs and vanilla-dipped rice crisps. The flakes were less yummy, but we think they're the healthy part.



## Sweating on The Sheets

**GET YOUR BRAIN OUT OF** the gutter! "Get Fit in Bed" (\$16, New Harbinger) isn't naughty. But it is a bit lazy. It offers an exercise routine you can do entirely in bed — on your back, on your stomach and on your side. Most of the suggestions (with easy-to-follow pictures) are simple stretches, crunches and kicks, so it won't substitute for dragging your butt to the gym. But it's better than just lying there.

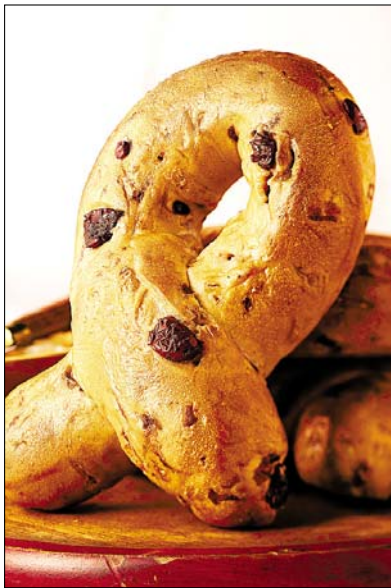


## Don't Sweat This Small Stuff

**AT FIRST, THE PLAYTEX SPORT** (\$5.29 for 16) looks like a regular tampon: A hard little cotton bullet in an aerodynamic, pastel-colored shell. Maybe the cotton is a little fuzzier. Then we dropped it in a cup of water along with a regular Playtex tampon. It was like watching the slow-motion blooming of a rose. Rather than swelling into a squarish shape, as did the regular version, two layers of cotton flared outward into a cone, forming a fearsome dam against womanly flow. It also sucked up more water than the regular model.



Bagel purists may scoff at a bagel flavor other than sesame or onion, but this looks delicious.

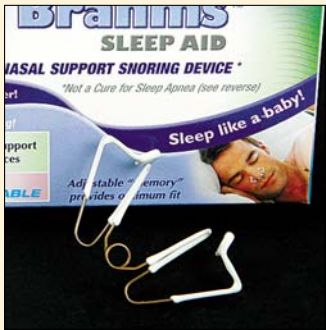


## Breaking the Circle

**TAKE A BITE OUT OF BREAST CANCER** with Panera Bread's pink ribbon bagels. The uniquely-shaped breakfast item only available this October comes flecked with cherry chips and bits of Bing cherries and cranberries — and a promise to donate some of the proceeds to breast cancer causes, including the Susan G. Komen Breast Cancer Foundation. But don't be fooled into thinking that just because it helps health issues that it's a diet-friendly choice. Even without any fatty cream cheese, a bagel packs a wallop of 400 calories.

### PRODUCTS

## GuineaPig



## In the Steel of The Night ...

**SHOVING AN UNBENT** paper-clip-like thing up your nose to cure snoring might seem like a drastic step to take. But for snorers (and the people who share beds with them), anything that keeps the nasal passages open and air flowing is a blessed relief.

So our tester bravely clipped the steel Brahm's Sleep Aid (\$35 for two, brahmssleepaid.com) to each nostril and the bridge of his nose. While it felt strange at first, any odd sensations quickly disappeared as he prepared for bed.

It was also incredibly effective: Our tester was observed at 2 a.m., quietly sleeping flat on his back — unusual, because that position usually summons noises that prompt the cats to run for the hills, a din that can only be stopped with a swift elbow to the stomach and a sharp command to turn over. Sure, the thing looks ridiculous, but a certain amount of looking stupid is worth a good night's sleep. Just ask the cats. KRISTEN PAGE-KIRBY (EXPRESS)

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Butch Anthony used license plates, road signs and bike bits on the pavilion.

## Rosslyn Gets Its Bike On

THOSE "WALK ROSSLYN" signs are perhaps fooling themselves into thinking that the Arlington 'hood has much to offer in the way of strolling. But when it comes to rolling, the location couldn't be more perfect. Enter Bike Oasis (bikeoasis.com), a new facility at the corner of 19th and North Moore streets that aims to get tourists and locals cycling over the Key Bridge or along one of the many nearby trails, including the Custis, Mount Vernon and Capital Crescent.

Under an elaborate sculpture made of welded bicycle bits and street signs, the store debuted Sept. 15, although the grand opening will be Friday (they'll be raffling a bike, giving lessons on how to fix a flat and generally promoting bike fun). For now, they're just hawking rentals Friday through Monday from 10 a.m. to 5 p.m. And they just rent performance bikes (\$10/hour, \$50/day), comfort mountain bikes (\$7/hour, \$35/day) and strollers (\$15-\$25/day). Expect more hours and more services in the coming months. V.H.

### VITALSTATS

# 7

THE NUMBER OF POUNDS THAT, IF GAINED BY A WOMAN BETWEEN PREGNANCIES, CAN RAISE MEDICAL RISKS, ACCORDING TO THE LANCET.

# Outdoor Asanas

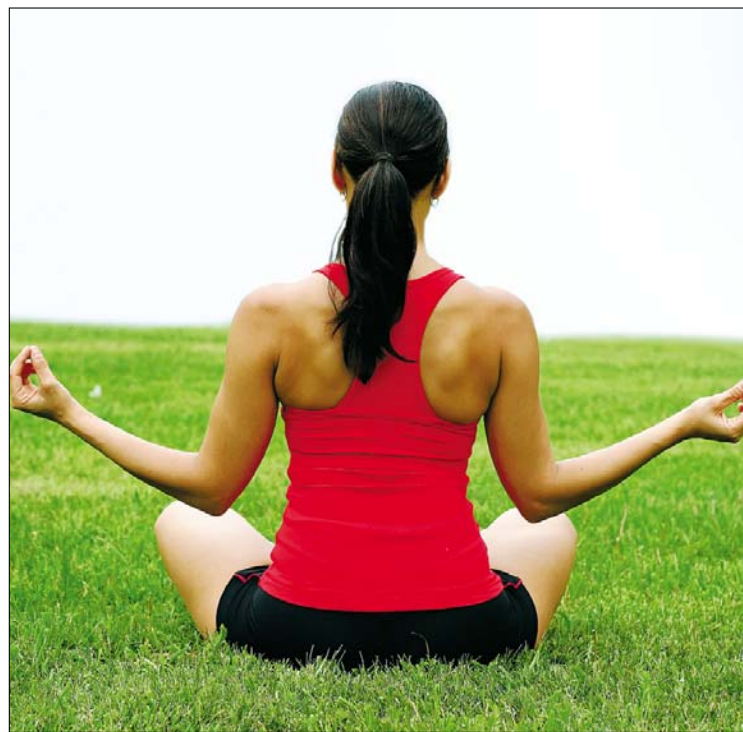
'Yoga on the Mall' moves practice to the grass

It was conceived to be the largest yoga class in the world. Ever. Until folks at the Freer Gallery, which is organizing the "Yoga on the Mall" spectacular this Saturday, decided to downplay the Guinness idea.

"We found out the world record was something like 30,000 in India," explained spokesman James Gordon.

But the convergence of the more than 1,000 souls expected on the National Mall at 8 a.m. for the event is a landmark for the ancient practice here in the United States, and it's a fitting way for the esteemed museum of Asian art to celebrate its centennial.

The Freer has tapped John Schumacher, who founded his first location of the Unity Woods Yoga Center in D.C. in 1979, to lead the masses. Although he's done substantial classes before — up to 800 participants — Schumacher is looking forward to working with the even bigger crowd. Since he studied with B.K.S. Iyengar in India, he'll be focusing on Iyengar yoga, which emphasizes standing poses. Depending on how wet the ground happens to be, that could be key to keeping participants dry.



He'll be projected via microphone, and two of his colleagues will be demonstrating modifications of his poses alongside him. Yoga instructors from other D.C. studios will be wandering through the crowd, making sure that people are following along and aren't twisting into positions that could

hurt them.

Unusual as it may seem to many of the city's yoga devotees, who are used to rolling out their mats in studios, outdoor practicing is the norm in India. "You grab your deerskin and go by the riverbank," said Schumacher, who once did yoga exclusively outdoors. He's

since switched to indoor practices, both because of the weather and the need for an even surface to ensure proper body alignment.

Taking the mat outside, though, can change one's perspective on a practice, he added, noting that sun salutations (a series of 12 poses that take the practitioner from standing to lying almost flat and back again) are more invigorating in the rays and energy of the sun.

**Feeling earth beneath you is easier when earth is beneath you.**

Debra Perlson-Mishalove, owner of Logan Circle's Flow Yoga and an organizer of the event, agreed that an outdoor yoga practice can be unparalleled. "We often tell students to feel the earth beneath them, so doing it outside enhances the connection with Mother Earth. It removes that layer of concrete and takes away the need for visualization," said Perlson-Mishalove, who often practices on her roof deck under the moonlight. "You're dealing with the temperature and the grass under your feet."

Of course, nature doesn't always cooperate, which is why Schumacher recommends bringing a blanket, in addition to a mat, to provide an extra cushion. VICKY HALLETT (EXPRESS)

## Harder and Faster Wins

Research shows interval training bests moderate exercise

**When it comes to cardio exercise, less appears to be more, according to researchers who have been wowed by the power of interval training.**

In a two-week study, published in this month's issue of the Journal of Physiology, 16 college-age men were asked to exercise on stationary bicycles three times a week. One group cycled for 30 seconds all-out, followed by four minutes of recovery, which means pedaling at a slower speed while keeping the heart rate somewhat elevated. They repeated that several times for a total of about 20 minutes a day. The other group

cycled at a moderate pace for 90 to 120 minutes a day.

At the end of the study, the men's muscles were tested for an enzyme that's "an indicator of the muscle's ability to use oxygen," says lead author Martin Gibala, associate professor of kinesiology at Canada's McMaster University. Gibala expected to see some improvement in both groups, but he says the neck-and-neck results were startling.

Interval training — alternating between bouts of high-intensity work and recovery — has long been a technique used by athletes and physical therapists, but it's been



Alternating between intense and more relaxed exercise can improve fitness.

slow to find an audience among average exercisers. Most prefer running, walking or using cardio equipment at a reasonable speed for about half an hour or more. For years, doctors and fitness experts have recommended the 30-minute-a-day, sensibly paced workout — not a bad prescription but perhaps not the most efficient way to improve heart health and stamina.

For those interested in training like the pros, Gibala suggests starting with a harder effort. "If you're walking around the block, double your pace until you're a bit more winded than usual, then back off. Start pushing the intensity that way." Runners can alternate between 30-second sprints and two-minute jogs, and apply the same principles to cardio equipment. JEANNINE STEIN (L.A. TIMES)

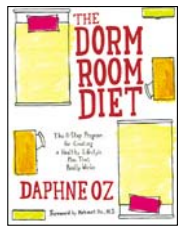


# Oz, the Diet Wizard

The Princeton junior advises on how to avoid 'the freshman 15'

**Standing 5 feet 8 inches tall with a mane of hair and piercing blue eyes, Daphne Oz is easy to peg as one of the preternaturally pretty people who never has to do a thing to look stunning.**

But the 20-year-old daughter of famed heart surgeon Mehmet Oz



actually struggled with her weight throughout high school, topping out at 175 pounds. Before leaving for Princeton, she decided to focus on her health and managed to lose 10 pounds before moving into her dorm and dropped another 10 during her freshman year. She shares her tips in "The Dorm Room Diet" (\$17, Newmarket Press), which she discussed with Express' Vicky Hallett at Boeomonger in Georgetown last week. (Daphne opted for a small freshly squeezed orange juice.)

**This is a typical student restaurant. What should people order?**

The way I do it, if you're not that hungry, is go for half a sandwich. And substitute as much as you can.

Get whole-wheat bread if they have it; skimp on the mayo, because it's so fatty; try to include extra vegetables; and go for low-fat cheese. This place seems to have lots of things like bagels and turkey reubens that you know are bad and you should stay away from.

**And if you really want the crispy potato wedges?**

Just eat half the order.

**It seems most students struggle most with beer weight.**

Well, even a light beer has more than 100 calories in it, so you'll see people counting their calories all day and then they go drink a whole Thanksgiving dinner.

**But you have to drink it if your friends are playing beer pong.**

You can't wiggle out of it then, but before going to a party, I eat an apple and drink some sparkling water so I won't eat there. If you can, go for wine. At least then you're getting the health benefits of that.

**What about late-night pizza?**

Just go home! My freshman year I got sucked into the 3 a.m. pizza run and it doesn't make you feel



any better. You don't even remember eating it. When my friends go for food late at night now, I have some fruit or frozen yogurt, or if I really want pizza, I'll just share a piece with someone.

**So you're vegetarian, right? Has that made it easier?**

Growing up, I ate tons of pasta and rice, and that's just lots of simple carbs that spike your blood sugar and make you hungry again in an

hour. It's bad. You need to start incorporating legumes into your diet. I eat a lot of chickpeas.

**How do you think eating with your friends all the time affects things?**

You'd think that if everyone were eating around each other all the time, they'd be comfortable. But instead it's a bizarre, psychotic competition to see who's eating what. As long as you're eating

**"If I really want pizza, I'll just share a piece with someone."**

healthy, though, they should all be looking to you as an example. It's a matter of being secure in your choices.

**A lot of students have never worked out. How do you start?**

It's great having a gym on campus that's free and open until midnight. You should take advantage of that. I'll get dressed in workout clothes in the morning so whenever I get the chance, I can run over there to do my hour on the elliptical. It helps that I don't want to wear my workout clothes all day. And I'll walk to the grocery store, or instead of getting coffee with a friend and sitting, we'll walk around with it.

## Where's the Best Beef?

Piedmontese steaks are healthy but extremely expensive

**When we think steak, we imagine it thick, juicy and marbled with rich, glistening (and here's the tragedy), artery-clogging fat.**

That's why the very concept of Piedmontese beef sounds so miraculous. It comes from a type of steer, bred for centuries in Italy and recently imported to the United States, that yields steaks and burgers containing less fat and cholesterol than even skinless chicken breast. And Piedmontese beef is also rich in conjugated linolenic acid (CLA), a heart-healthy fatty acid that studies suggest may burn belly fat and



"I may look all fattening, but actually, I'm leaner than chicken," Bossie said.

reduce your risk of cancers of the colon, lung and prostate.

But how does the steak taste? Grilled medium-rare, our

Piedmontese porterhouse was excellent, not dry as one might expect from a leaner cut. You won't give up much for this heart-healthy miracle meat, except for some green: Piedmontese cattle graze twice as long as traditional steers do before reaching slaughter weight, and they are hormone- and antibiotic-free, so the meat costs double what you'd pay for regular beef at the supermarket. A Piedmontese porterhouse will set you back \$27 a pound. But that's a lot cheaper than, say, angioplasty. To order, visit [fairwaypacking.com](http://fairwaypacking.com).

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## Redefine What "SPIN" Means In Washington

SPIN TO WIN is the Juvenile Diabetes Research Foundation's brand new event designed to involve the Washington downtown business community in a friendly competition on stationary bikes. Each rider spins for only eight minutes - it's fun, fast, and easy!

- Register as a Team Captain at [jdrfcapitol.org](http://jdrfcapitol.org)
- Recruit four others to spin on your team
- Raise at least \$150



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REGISTER TODAY at [www.jdrfcapitol.org](http://www.jdrfcapitol.org)  
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Thursday, October 19, 2006

Each hour on the hour from 11 a.m. - 3 p.m.



Dedicated to finding a cure



# Freer Gallery of Art



*Celebrating the 100th anniversary of Charles Lang Freer's gift to the people of the United States.*

## SCHEDULE OF EVENTS

### MUSEUM OPENS

8 AM

### YOGA ON THE MALL

8 AM

Bring a mat and join an attempt to break the record for the largest yoga class in America. John Schumacher, founder and director of Unity Woods Yoga and one of the nation's foremost instructors, leads the event. Demonstrations of tai chi and martial arts will follow. *Event will be canceled if it rains.*

### TOURS OF THE FREER GALLERY OF ART

10:15 AM, 11:15 AM, 1:15 PM, and 2:15 PM

Meet at Freer information desk

### THE PEACOCK ROOM WITH LEYLAND'S BUTLER

11:15 AM and 1:15 PM

The Peacock Room was once the dining room in the London home of wealthy shipowner Frederick R. Leyland. Join actor Jonathan Watkins as he tells the intriguing story of Leyland, artist James McNeill Whistler, and the Peacock Room through the character of Leyland's butler.

### MASKS AND GAMES

1-4 PM, Freer courtyard

Play Asian board games and make masks of masterpieces.

### FÈS FESTIVAL OF WORLD SACRED MUSIC

1 PM, Freer steps (rain location: Meyer Auditorium)

More than twenty musicians from South Asia, North Africa, Europe, and the United States recreate the atmosphere of one of the world's great musical gatherings. This event is presented in cooperation with the Embassy of Morocco.

### INDIAN AMERICAN JAZZ:

#### RUDRESH MAHANTHAPPA QUARTET

4 PM, Freer steps (rain location: Meyer Auditorium)

One of New York's most innovative jazz artists performs a blend of South Asian and Western improvisation. *If it rains, free tickets will be distributed—at noon for the Fès Festival and at 3 PM for the Mahanthappa Quartet—at the Meyer Auditorium on a first-come, first-served basis; limit two per person.*

### SAKE TASTING

6-8 PM, Freer courtyard

### STAND-UP COMEDY

8 PM, Meyer Auditorium

Vijai Nathan, a leading Indian-American female comedian, and Frank Hong, one of the illustrious members of the DC Comedy All-Stars, bring down the house. *Free tickets required; available through Ticketmaster by calling 202.397.7328 or visiting [www.ticketmaster.com](http://www.ticketmaster.com).*

### MUSEUM CLOSES

10 PM

# 10.7.06

8 AM-10 PM

THE FREER GALLERY OF ART PRESENTS

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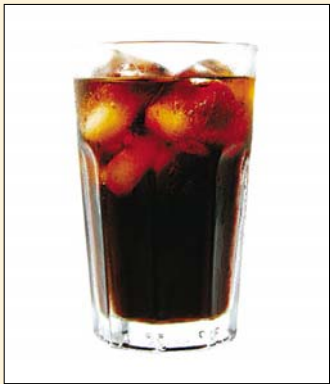


| STUDIES

## Stethoscope

## Race for the Baby

■ A woman's race may affect the length of her labor, according to a University of California study of 27,000 childbirths, Reuters reported. On average, black women endured labors nearly half an hour shorter than that of Asian women, according to the study, published in the American Journal of Obstetrics & Gynecology. But race is only one factor that affects the duration of childbirth; others include age, weight, height and level of momentary rage directed at the baby's father. Just kidding.



## It Rots Your Teeth, Too

■ Not yet convinced that soda is bad for you? Well, add this to the stack of reasons: A Norwegian study of teenagers showed a correlation between consumption of non-diet soft drinks and hyperactivity, as well as other mental and behavioral disorders, Reuters reported. (Also freaky: Kids who skipped lunch and breakfast drank the most soda.) Can we please take the Coke machine out of the elementary school now?

## Listen to Your Mother

■ Clean your plate—there are children starving in China! But not here, apparently. Children of obese mothers are more likely to obey maternal entreaties to finish dinner, Reuters reported. All mothers nag children to eat, but, apparently, children don't heed thinner mothers, according to University of Michigan researchers writing in the journal Pediatrics. But damned if you do and if you don't: Parental food restrictions have been linked to obesity in girls.

# Pseudoscience of 'Sleep'

A film about dreams doesn't quite capture what they're made of

**Dropping vinyl records, spaghetti and other ingredients representing bits of his past and emotions into a pot, actor Gael Garcia Bernal welcomes viewers to "The Science of Sleep," the trippy new movie from director Michel Gondry.**

Bernal plays Stephane, a young man who can't separate his dream world from reality; in this sequence, he stars as the host of a show explaining how his dreams are formed. The melting-pot metaphor "struck me as the one intelligent, scientifically true statement in the film," said Dr. Robert Winer, a Bethesda psychiatrist known for his work in dream analysis.

Despite its clinical-sounding name, the movie is trapped in a dream of its own regarding the workings of the mind. It's certainly possible to have a condition in which dreams and the real world bleed together. But the way Stephane experiences life, it's tough for the audience to separate daydreams and bizarre thoughts, which are consciously directed, from his actual nighttime reveries.

What, then, are dreams made of (if not spaghetti)? "The dream is looking at something from the past day and relating that to previous experiences," Winer explained. "So if you had a unsettling phone call and then that night had a dream that you were sitting at a green table, I'd want to know what that table brings to mind to find out why it's



According to Winer's analysis, people often exaggerate objects in dreams—as Stephane is doing with this electric razor in the movie "The Science of Sleep."

emotionally charged."

The reason dreams are often so bizarre, Winer said, is two-fold. Your brain may be exaggerating details, as would a cartoonist, in order to highlight them, or you may be protecting yourself from an unsettling image by disguising it. He tells the story of one patient who dreamed she couldn't get out of a rocking chair; he reminded her that she'd been sitting in a rocking

**"Dreaming is a way for your brain to file memories in the right place."**

chair when she heard that her father had died. "A coffin would be too upsetting, so you focus on another aspect," he said.

One reason the examination dream (you know, you're taking a test you haven't studied for) is frequent enough to be a cliché is that it's an experience virtually all of us had as children, so we return to it when feeling anxiety in other arenas. Wishes also manifest in dreams, which is why flying is so common. There are even dreams seen mostly in therapy patients: You're talking to a rude cab or bus driver, who provide stand-ins for frustration with an analyst.

Figuring out what brains conjure up and why is a staple of psychiatry and psychology, but even without probing their meaning, dreams probably help your mental state. "Dreaming is a way for your brain to organize memories and file them into the right place," Winer said. When you can sort out the experience, you know how to interpret it better: "If you had a bad interaction with your boss, you might subconsciously have a better sense of how to handle him the next time a similar situation arises."

So keep stirring that pot. It's good for you. VICKY HALLETT (EXPRESS)



## hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

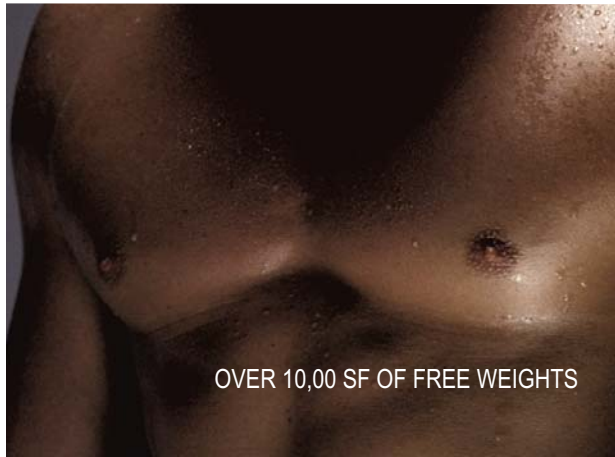
**Are your eyes, mouth and throat dry?** Are you tired? Do your joints hurt? You could have **SJÖGREN'S SYNDROME**, in which the immune system attacks the body's moisture-producing glands, such as tear ducts. Ninety percent of those afflicted are women, and most are diagnosed in their late 40s. Without saliva, foods taste different, swallowing is difficult and teeth can decay faster. And SS doesn't just cause arid eyes and mouths—kidneys, lungs and all sorts of other wetware can dry out as well, which isn't pretty. It can be hard to diagnose because of its resemblance to fibromyalgia, chronic fatigue syndrome and other tired-making illnesses. And it's not known what causes SS, either—could be genes, a virus or bacteria, or both.

SOURCE: SJÖGREN'S SYNDROME FOUNDATION. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.





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